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An *Astrologo-Physical* Discourse of the Vulgar Herbs of this Nation, containing a complete Method of Physic, whereby a Man may preserve his Body in Health, or cure himself, being Sick, for Three-pence Charge, with such Things only as grow in England, they being most fit for English Bodies.

Herein is also shewed,

1. The Way of making Plaisters, Ointments, Oils, Poultices, Syrups, Decoctions, Juleps, or Waters of all Sorts of Physical Herbs, that you may have them ready for your Use at all Times of the Year.—2. What Planet governeth every Herb or Tree (used in *Physic*) that groweth in England.—3. The Time of gathering all Herbs, both Vulgarly and Astrologically.—4. The Way of drying and keeping the Herbs all the Year.—5. The Way of keeping their Juice ready for Use at all Times.—6. The Way of making and keeping all kinds of useful Compounds made of Herbs.—7. The Way of mixing Medicines according to the Cause and Mixture of the Disease, and Part of the Body afflicted.

By NICH. CULPEPPER, *Gent.*
STUDENT IN PHYSIC AND ASTROLOGY.

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THE

English Physician ENLARGED.

Amara Dulcis.

CONSIDERING divers shires in this nation give divers names to one and the same herb, and that the common name which it bears in one country, is not known in another, I shall take the pains to set down all the names that I know of each herb. Pardon me for setting that name first, which is most common to myself. Besides Amara dulcis, some call it Mortal, others Bitter-sweet; some Woody Night-shade, and others Felon-wort.

Descript.] It grows up with woody stalks even to a man's height, and sometimes higher. The leaves fall off at the approach of Winter, and spring out of the same stalks at Spring-time. The branch is compassed about with a whitish bark, and hath a pith in the middle of it. The main branch brancheth itself into many small ones with claspers, laying hold on what is next to them, as vines do. It bears many leaves, they grow in no order at all, or at least in no regular order. The leaves are longish, though somewhat broad, and pointed at the ends: many of them have two little leaves growing at the end of their foot-stalk; some have but one, and some none. The leaves are of a pale green colour; the flowers are of a purple colour, or of a perfect blue like to violets, and they stand many of them together in knots; the berries are green at first, but when they are ripe they are very red; if you taste them, you shall find them just as the crabs which we in Sussex call bitter sweets, *viz.* sweet at first, and bitter afterwards.

Place.] They grow commonly almost throughout England, especially in moist and shady places.

Time.] The leaves shoot out about the latter end of March if the temperature of the air be ordinary; it flowereth in July, and the seeds are ripe soon after, usually in the next month.

Government

Government and Virtues.] It is under the planet Mercury, and a notable herb of his alſo, if it be rightly gathered under his influence. It is excellent good to remove witchcraft both in men and beaſts, as alſo all ſudden diſeaſes whatſoever. Being tied around about the neck, is one of the admirableſt remedies for the vertigo or dizzineſs in the head that is; and that is the reaſon (as Tragus ſaith) the people in Germany commonly hang it about their cattles necks, when they fear any ſuch evil hath betided them: Country people commonly uſe to take the berries of it, and having bruiſed them, they apply them to felons, and thereby ſoon rid their fingers of ſuch troubleſome gueſts.

We have now ſhewed you the external uſe of the herb, we ſhall ſpeak a word or two of the internal, and ſo conclude. Take notice, it is a Mercurial herb, and therefore of very ſubtle parts, as indeed all Mercurial plants are; therefore take a pound of the wood and leaves together, bruiſe the wood (which you may eaſily do, for it is not ſo hard as oak) then put it into a pot, and put to it three pints of white wine, put on the pot-lid and ſhut it cloſe; and let it infuſe hot over a gentle fire twelve hours, then ſtrain it out, ſo have you a moſt excellent drink to open obſtructions of the liver and ſpleen, to help difficulty of breath, bruiſes and falls, and congealed blood in any part of the body, it helps the yellow-jaundice, the dropſy and black jaundice, and to cleanſe women newly brought to bed. You may drink a quarter of a pint of the infuſion evey morning. It purgeth the body very gently, and not churliſhly, as ſome hold. And when you find good by this, remember me.

They that think the uſe of theſe medicines is too brief, it is only for the cheapneſs of the book; let them read thoſe books of mine, of the laſt edition, *viz. Riverius, Veſlingus, Riolanus, Johnſon, Sennertus*, and *Phyſic for the Poor*.

All-heal.

IT is called All-heal, Hercules's All-heal, and Hercules's Wound-wort, becauſe it is ſuppoſed that Hercules learned the herb and its virtues from Chiron, when he learned phyſic of him. Some call it Panay, and others Opopane-wort.

Deſcript.] Its root is long, thick, and exceeding full of juice, of a hot and biting taſte, the leaves are great and large, and winged almoſt like aſh-tree leaves, but

that

that they are ſomething hairy, each leaf conſiſting of five or ſix pair of ſuch wings ſet one againſt the other upon foot-ſtalks, broad below, but narrow towards the end; one of the leaves is a little deeper at the bottom than the other, of a fair, yellowiſh, freſh green colour; they are of a bitteriſh taſte, being chewed in the mouth. From among theſe ariſeth up a ſtalk, green in colour, round in form, great and ſtrong in magnitude, five or ſix feet in altitude, with many joints, and ſome leaves thereat: Towards the top come forth umbles of ſmall yellow flowers, after which are paſſed away, you may find whitiſh, yellow, ſhort flat ſeeds, bitter alſo in taſte.

Place.] Having given you the deſcription of the herb from the bottom to the top, give me leave to tell you, that there are other herbs called by this name; but becauſe they are ſtrangers in England, I give only the deſcription of this, which is eaſily to be had in the gardens of divers places.

Time.] Although Gerrard ſaith, That they flower from the beginning of May to the end of December, experience teacheth them that keep it in their gardens, that it flowers not till the latter end of the Summer, and ſheds its ſeed preſently after.

Government and Virtues] It is under the dominion of Mars, hot, biting, and cholerick; and remedies what evils Mars afflicts the body of a man with, by ſympathy, as vipers fleſh attracts poiſon, and the loadſtone iron. It kills the worms, helps the gout, cramps, and convulſions, provokes urine, and helps all joint-aches. It helps all cold griefs of the head, the vertigo, falling ſickneſs, the lethargy, the wind colick, obſtructions of the liver and ſpleen, ſtone in the kidneys and bladder. It provokes the terms, expels the dead birth: It is excellent good for the griefs of the ſinews, itch, ſtone, and tooth-ach, the biting of mad dogs and venomous beaſts, and purgeth choler very gently.

Alkanet.

BESIDES the common name, it is called Orchanet, and Spaniſh Bugloſs, and by apothecaries, Enchuſa.

Deſcript.] Of the many ſorts of this herb, there is but one known to grow commonly in this nation; of which one takes this deſcription: It hath a great and thick root, of a reddiſh colour, long, narrow, hairy leaves, green like the leaves of Bugloſs, which lie very thick upon the ground;

ground; the ſtalks riſe up compaſſed round about, thick with leaves, which are leſſer and narrower than the former; they are tender, and ſlender, the flowers are hollow, ſmall, and of a reddiſh colour.

Place.] It grows in Kent near Rocheſter, and in many places in the Weſt Country, both in Devonſhire and Cornwall.

Time.] They flower in July, and beginning of Auguſt, and the ſeed is ripe ſoon after, but the root is in its prime, as carrots and parſnips are, before the herb runs up to ſtalk.

Government and Virtues.] It is an herb under the dominion of Venus, and indeed one of her darlings, though ſomewhat hard to come by. It helps old ulcers, hot inflammations, burnings by common fire, and St. Anthony's fire, by antipathy to Mars; for theſe uſes, your beſt way is to make it into an ointment; alſo if you make a vinegar of it, as you make vinegar of roſes, it helps the morphy and leproſy; if you apply the herb to the privities, it draws forth the dead child. It helps the yellow-jaundice, ſpleen, and gravel in the kidneys. Dioſcorides ſaith, it helps ſuch as are bitten by venomous beaſts, whether it be taken inwardly, or applied to the wound; nay, he ſaith further, if any that hath newly eaten it, do but ſpit into the mouth of a ſerpent, the ſerpent inſtantly dies. It ſtays the flux of the belly, kills worms, helps the fits of the mother. Its decoction made in wine, and drank, ſtrengthens the back, and eaſeth the pains thereof. It helps bruiſes and falls, and is as gallant a remedy to drive out the ſmall pox and meaſles as any is; an ointment made of it, is excellent for green wounds, pricks or thruſts.

Adder's Tongue, or Serpent's Tongue.

Deſcript.] THIS herb hath but one leaf, which grows with the ſtalk a finger's length above the ground, being flat and of a freſh green colour; broad like Water Plantane, but leſs, without any rib in it; from the bottom of which leaf, on the inſide, riſeth up (ordinarily) one, ſometimes two or three ſlender ſtalks, the upper half whereof is ſomewhat bigger, and dented with ſmall dents of a yellowiſh green colour, like the tongue of an adder ſerpent (only this is as uſeful as they are formidable). The roots continue all the year.

Place.] It grows in moiſt meadows, and ſuch like places.

Time.]

Time.] It is to be found in May or April, for it quickly periſheth with a little heat.

Government and Virtues.] It is an herb under the dominion of the Moon and Cancer, and therefore if the weakneſs of the retentive faculty be cauſed by an evil influence of Saturn in any part of the body governed by the Moon, or under the dominion of Cancer, this herb cures it by ſympathy. It cures theſe diſeaſes after ſpecified, in any part of the body under the influence of Saturn, by antipathy.

It is temperate in reſpect of heat, but dry in the ſecond degree. The juice of the leaves drank with the diſtilled water of Horſe-tail, is a ſingular remedy of all manner of wounds in the breaſts, bowels, or other parts of the body, and is given with good ſucceſs unto thoſe that are troubled with caſting, vomiting, or bleeding at the mouth or noſe, or otherwiſe downwards. The ſaid juice given in the diſtilled water of Oaken-buds, is very good for women who have their uſual courſes, or the whites flowing down too abundantly. It helps ſore eyes. Of the leaves infuſed or boiled in oil, omphacine, or unripe olives, ſet in the ſun for certain days, or the green leaves ſufficiently boiled in the ſaid oil, is made an excellent green balſam, not only for green and freſh wounds, but alſo for old and inveterate ulcers, eſpecially if a little fine clear turpentine be diſſolved therein. It alſo ſtayeth and refreſheth all inflammations that ariſe upon pains by hurts and wounds.

What parts of the body are under each planet and ſign, and alſo what diſeaſe may be found in my aſtrological judgment of diſeaſes; and for the internal work of nature in the body of man; as vital, animal, natural and procreative ſpirits of man; the apprehenſion, judgment, memory; the external ſenſes, *viz.* Seeing, hearing, ſmelling, taſting, and feeling; the virtues attractive, retentive, digeſtive, expulſive, &c. under the dominion of what planets they are, may be found in my *Ephemeris* for the year 1651. In both which you ſhall find the chaff of authors blown away by the fame of Dr. Reaſon, and nothing but rational truths left for the ingenious to feed upon.

Laſtly, To avoid blotting paper with one thing many times, and alſo to eaſe your purſes in the price of the book, and withall to make you ſtudious in phyſick; you have at the latter end of the book, the way of preſerving

ſerving all herbs either in juice, conſerve, oil, ointment or plaiſter, electuary, pills or troches.

Agrimony.

Deſcript.] THIS hath divers long leaves (ſome greater, ſome ſmaller) ſet upon a ſtalk, all of them dented about the edges, green above, and greyiſh underneath, and a little hairy withal. Among which ariſeth up uſually but one ſtrong, round, hairy, brown ſtalk, two or three feet high, with ſmaller leaves ſet here and there upon it. At the top hereof grow many ſmall yellow flowers, one above another, in long ſpikes, after which come rough heads of ſeed, hanging downwards, which will cleave to and ſtick upon garments, or any thing that ſhall rub againſt them. The knot is black, long, and ſomewhat woody, abiding many years, and ſhooting afreſh every Spring; which root, though ſmall, hath a reaſonable ſcent.

Place.] It groweth upon banks, near the ſides of hedges.

Time.] It flowereth in July and Auguſt, the ſeed being ripe ſhortly after.

Government and Virtues.] It is an herb under Jupiter, and the ſign Cancer; and ſtrengthens thoſe parts under the planet and ſign, and removes diſeaſes in them by ſympathy, and thoſe under Saturn, Mars and Mercury, by antipathy, if they happen in any part of the body governed by Jupiter, or under the ſigns Cancer, Sagittary, or Piſces, and therefore muſt needs be good for the gout, either uſed outwardly in oil or ointment, or inwardly in an electuary, or ſyrup, or concerted juice; for which ſee the latter end of this book.

It is of a cleanſing and cutting faculty, without any manifeſt heat, moderately drying and binding. It openeth and cleanſeth the liver, helpeth the jaundice, and is very beneficial to the bowels, healing all inward wounds, bruiſes, hurts, and other diſtempers. The decoction of the herb made with wine, and drank, is good againſt the biting and ſtinging of ſerpents, and helps them that make foul, troubled or bloody water, and makes them piſs clear ſpeedily. It alſo helpeth the colick, cleanſeth the breaſt, and rids away the cough. A draught of the decoction taken warm before the fit, firſt removes, and in time rids away the tertian or quartan agues. The leaves and ſeed taken in wine, ſtays the bloody flux; outwardly applied, being ſtamped with old

old ſwines greaſe, it helpeth old ſores, cancers, and inveterate ulcers, and draweth forth thorns and ſplinters of wood, nails, or any other ſuch things gotten in the fleſh. It helpeth to ſtrengthen the members that be out of joint; and being bruiſed and applied, or the juice dropped in it, helpeth foul and impoſthumed ears.

The diſtilled water of the herb is good to all the ſaid purpoſes, either inward or outward, but a great deal weaker.

It is a moſt admirable remedy for ſuch whoſe lives are annoyed either by heat or cold. The liver is the former of blood, and blood the nouriſher of the body, and Agrimony a ſtrengthener of the liver.

I cannot ſtand to give you a reaſon in every herb, why it cureth ſuch diſeaſes; but if you pleaſe to peruſe my judgment in the herb Wormwood, you ſhall find them there, and it will be well worth your while to conſider it in every herb, you ſhall find them true throughout the book.

Water Agrimony.

IT is called, in ſome countries, Water Hemp, Baſtard Hemp, and Baſtard Agrimony, Eupatorium, and Hepatorium, becauſe it ſtrengthens the liver.

Deſcript.] The root continues a long time, having many long ſlender ſtrings. The ſtalk grows up about two feet high, ſometimes higher. They are of a dark purple colour. The branches are many, growing at diſtances the one from the other, the one from the one ſide of the ſtalk, the other from the oppoſite point. The leaves are winged, and much indented at the edges. The flowers grow at the top of the branches, of a brown yellow colour, ſpotted with black ſpots, having a ſubſtance within the midſt of them like that of a Daiſy: If you rub them between your fingers, they ſmell like roſin or cedar when it is burnt. The ſeeds are long, and eaſily ſtick to any woollen thing they touch.

Place] They delight not in heat, and therefore they are not ſo frequently found in the ſouthern parts of England, as in the northern, where they grow frequently: You may look for them in cold grounds, by ponds and ditches ſides, as alſo by running waters; ſometimes you ſhall find them grow in the midſt of the waters.

Time.] They all flower in July or Auguſt, and the ſeed is ripe preſently after.

Government

Government and Virtues.] It is a plant of Jupiter, as well as the other Agrimony, only this belongs to the celeſtial ſign Cancer. It healeth and drieth, cutteth and cleanſeth thick and tough humours of the breaſt, and for this I hold it inferior to few herbs that grow. It helps the cachexia or evil diſpoſition of the body, the dropſy and yellow jaundice. It opens the obſtructions of the liver, mollifies the hardneſs of the ſpleen, being applied outwardly. It breaks impoſtumes, taken inwardly. It is an excellent remedy for the third day ague. It provokes urine and the terms. It kills worms, and cleanſeth the body of ſharp humours, which are the cauſe of itch and ſcabs; the herb being burnt, the ſmoke thereof drives away flies, waſps, &c. It ſtrengthens the lungs exceedingly. Country people give it to their cattle when they are troubled with the cough, or broken-winded.

Alehoof, or Ground-ivy.

SEVERAL counties give it ſeveral names, ſo that there is ſcarce an herb growing of that bigneſs, that has got ſo many. It is called Cats-foot, Ground-ivy, Gill-go-by-ground, and Gill-creep-by-ground, Turnhoof, Hay-maids, and Alehoof.

Deſcript.] This well known herb lieth, ſpreadeth, and creepeth upon the ground, ſhooteth forth roots at the corners of tender jointed ſtalks, ſet with two round leaves at every joint ſomewhat hairy, crumpled, and unevenly dented about the edges, with round dents; at the joints likewiſe, with the leaves towards the end of the branches, come forth hollow, long flowers, of a blueiſh purple colour, with ſmall white ſpots upon the lips that hang down. The root is ſmall with ſtrings.

Place.] It is commonly found under hedges and on the ſides of ditches, under houſes, or in ſhadowed lanes, and other waſte grounds, in almoſt every part of this land.

Time.] They flower ſomewhat early, and abide a great while; the leaves continue green until Winter, and ſometimes abide, except the Winter be very ſharp and cold.

Government and Virtues.] It is an herb of Venus, and therefore cures the diſeaſes ſhe cauſes by ſympathy, and thoſe of Mars by antipathy; you may uſually find it all the year, except the year be extremely froſty, it is quick, ſharp,

ſharp, and bitter in taſte, and is thereby found to be hot and dry; a ſingular herb for all inward wounds, exulcerated lungs, or other parts, either by itſelf, or boiled with other the like herbs; and being drank, in a ſhort time, it eaſeth all griping pains, windy and choleric humours in the ſtomach, ſpleen or belly; helps the yellow jaundice, by opening the ſtoppings of the gall and liver, and melancholy, by opening the ſtoppings of the ſpleen; expelleth venom or poiſon, and alſo the plague; it provokes urine and womens courſes; the decoction of it in wine drank for ſome time together, procureth eaſe unto them that are troubled with the ſciatica, or hipgout; as alſo the gout in the hands, knees, or feet; if you put to the decoction ſome honey and a little burnt allum, it is excellent good to gargle any ſore mouth or throat, and to waſh the ſores and ulcers in the privy parts of man or woman; it ſpeedily helpeth green wounds, being bruiſed and bound thereto. The juice of it boiled with a little honey and verdigreaſe, both wonderfully cleanſe fiſtulas, ulcers, and ſtayeth the ſpreading or eating of cancers and ulcers; it helpeth the itch, ſcabs, wheals, and other breakings out in any part of the body. The juice of Celandine, Field-daiſies, and Ground-ivy clarified, and a little fine ſugar diſſolved therein, and dropped into the eyes, is a ſovereign remedy for all pains, redneſs and watering of them; as alſo for the pin and web, ſkins and films growing over the ſight; it helpeth beaſts as well as men. The juice dropped into the ear, doth wonderfully help the noiſe and finging of them, and helpeth the hearing which is decayed. It is good to tun up with new drink, for it will clarify it in a night, that it will be the fitter to be drank the next morning; or if any drink be thick with removing or any other accident, it will do the like in a few hours.

Alexander.

IT is alſo called Aliſander, Horſe-parſley, and Wild-parſley, and the Black Pot-herb; the ſeed of it is that which is uſually ſold in apothecaries ſhops for Macedonian Parſley-ſeed.

Deſcript.] It is uſually ſown in all the gardens in Europe, and ſo well known, that it needs no farther deſcription.

Time.] It flowereth in June and July; the ſeed is ripe in Auguſt.

Govern-

Government and Virtues.] It is an herb of Jupiter, and therefore friendly to nature, for it warmeth a cold ſtomach, and openeth a ſtoppage to the liver and ſpleen; it is good to move womens courſes, to expel the after-birth, to break wind, to provoke urine, and helpeth the ſtranguary; and theſe things the ſeeds will do likewiſe. If either of them be boiled in wine, or bruiſed and taken in wine, is alſo effectual againſt the biting of ſerpents. And you know what Alexander Pottage is good for, that you may no longer eat it out of ignorance, but out of knowledge.

The Black Alder-tree.

Deſcript.] THIS tree ſeldom groweth to any great bigneſs, but for the moſt part abideth like a hedge-buſh, or a tree ſpreading its branches, the woods of the body being white, and a dark red cole, or heart; the outward bark is of a blackiſh colour, with many whitiſh ſpots therein; but the inner bark next the wood is yellow, which being chewed, will turn the ſpittle near into a ſaffron colour. The leaves are ſomewhat like thoſe of an ordinary Alder-tree, or the Female Cornet, or Dogberry-tree, called in Suſſex Dog-wood, but blacker, and not ſo long. The flowers are white, coming forth with the leaves at the joints, which turn into ſmall round berries, firſt green, afterwards red, but blackiſh when they are thorough ripe, divided, as it were, into two parts, wherein is contained two ſmall round and flat ſeeds. The root runneth not deep into the ground, but ſpreads rather under the upper cruſt of the earth.

Place.] This tree or ſhrub may be found plentifully in St. John's wood by Hornſey, and the woods on Hampſtead-Heath; as alſo a wood called the Old Park in Barcomb in Eſſex, near the brooks ſide.

Time.] It flowereth in May, and the berries are ripe in September.

Government and Virtues.] It is a tree of Venus, and perhaps under the celeſtial ſign Cancer. The inner yellow bark hereof purgeth downwards both choler and phlegm, and the watery humours of ſuch that have the dropſy, and ſtrengthens the inward parts again by binding. If the bark hereof be boiled with Agrimony, Wormwood, Dodder, Hops and ſome Fennel, with Smallage, Endive, and Succory roots, and a reaſonable draught taken

ken every morning for ſome time together, it is very effectual againſt the jaundice, dropſy, and the evil diſpoſition of the body, eſpecially if ſome ſuitable purging medicines have been taken before, to void the groſſer excrements; it purgeth and ſtrengtheneth the liver and ſpleen, cleanſing them from ſuch evil humours and hardneſs as they are afflicted with. It is to be underſtood that theſe things are performed by the dried bark; for the freſh green bark taken inwardly provokes ſtrong vomitings, pains in the ſtomach, and gripings in the belly; yet if the decoction may ſtand and ſettle two or three days, until the yellow colour be changed black, it will not work ſo ſtrongly as before, but will ſtrengthen the ſtomach, and procure an appetite to meat. The outward bark contrariwiſe doth bind the body, and is helpful for all laſks and fluxes thereof, but this alſo muſt be dried firſt, whereby it will work the better. The inner bark thereof boiled in vinegar is an approved remedy to kill lice, to cure the itch, and take away ſcabs, by drying them up in a ſhort time. It is ſingularly good to waſh the teeth, to take away the pains, to faſten thoſe that are looſe, to cleanſe them, and keep them ſound. The leaves are good fodder for kine, to make them give more milk.

In Spring-time you uſe the herbs before-mentioned, and will take but a handful of each of them, and to them add an handful of Elder buds, and having bruiſed them all, boil them in a gallon of ordinary beer, when it is new; and having boiled them half an hour, add to this three gallons more, and let them work together, and drink a draught of it every morning, half a pint, or thereabouts, it is an excellent purge for the Spring, to conſume the phlegmatic quality the Winter hath left behind it, and withal to keep your body in health, and conſume thoſe evil humours which the heat of Summer will readily ſtir up. Eſteem it as a jewel.

The Common Alder-Tree.

Deſcript.] GROWETH to a reaſonable heighth, and ſpreads much if it like the place. It is ſo generally well known unto country people, that I conceive it needleſs to tell that which is no news.

Place and Time.] It delighteth to grow in moiſt woods, and watery places; flowereth in April or May, and yielding ripe ſeed in September.

Govern-

Government and Uſe.] It is a tree under the dominion of Venus, and of ſome watery ſign or other, I ſuppoſe Piſces; and therefore the decoction, or diſtilled water of the leaves, is excellent againſt burnings and inflammations, either with wounds or without, to bathe the place grieved with, and eſpecially for that inflammation in the breaſt, which the vulgar call an ague.

If you cannot get the leaves (as in Winter 'tis impoſſible) make uſe of the bark in the ſame manner.

The leaves and bark of the Alder-tree are cooling, drying, and binding. The freſh leaves laid upon ſwellings diſſolve them, and ſtay the inflammations. The leaves put under the bare feet gauled with travelling, are a great refreſhing to them. The ſaid leaves gathered while the morning dew is on them, and brought into a chamber troubled with fleas, will gather them thereunto, which being ſuddenly caſt out, will rid the chamber of thoſe troubleſome bed-fellows.

Angelica.

TO write a deſcription of that which is ſo well known to be growing almoſt in every garden, I ſuppoſe is altogether needleſs; yet for its virtues it is of admirable uſe.

In time of Heatheniſm, when men had found out any excellent herb, they dedicated it to their gods; as the Bay-tree to Apollo, the Oak to Jupiter, the Vine to Bacchus, the Poplar to Hercules. Theſe the Papiſts following as the Patriarchs, they dedicate to their ſaints; as our Lady's Thiſtle to the Bleſſed Virgin, St. John's Wort to St. John, and another wort to St. Peter, &c. Our phyſicians muſt imitate like apes (though they cannot come off half ſo cleverly) for they blaſphemouſly call Thanſies or Hearts-eaſe, *an herb for the Trinity*, becauſe it is of three colours; and a certain ointment, *an ointment of the Apoſtles*, becauſe it conſiſts of twelve ingredients. Alas, I am ſorry for their folly, and grieved at their blaſphemy, God ſend them wiſdom the reſt of their age, for they have their ſhare of ignorance already. Oh! Why muſt ours be blaſphemous, becauſe the Heathens and Papiſts were idolatrous? Certainly they have read ſo much in old ruſty authors, that they have loſt all their divinity; for unleſs it were amongſt the Ranters, I never read

or

or heard of ſuch blaſphemy. The Heathens and Papiſts were bad, and ours worſe; the Papiſts giving idolatrous names to herbs for their virtues ſake, not for their fair looks; and therefore ſome called this an herb of the *Holy Ghoſt;* others more moderate called it Angelica, becauſe of its angelical virtues, and that name it retains ſtill, and all nations follow it ſo near as their dialect will permit.

Government and Virtues.] It is an herb of the Sun in Leo; let it be gathered when he is there, the Moon applying to his good aſpect; let it be gathered either in his hour, or in the hour of Jupiter, let Sol be angular; obſerve the like in gathering the herbs of other planets, and you may happen to do wonders. In all epidemical diſeaſes cauſed by Saturn, that is as good a preſervative as grows. It reſiſts poiſon by defending and comforting the heart, blood, and ſpirits; it doth the like againſt the plague and all epidemical diſeaſes, if the root be taken in powder to the weight of half a dram at a time, with ſome good treacle in Carduus water, and the party thereupon laid to ſweat in his bed; if treacle be not to be had, take it alone in Carduus or Angelica water. The ſtalks or roots candied and eaten faſting, are good preſervatives in time of infection; and at other times to warm and comfort a cold ſtomach. The root alſo ſteeped in vinegar, and a little of that vinegar taken ſometimes faſting, and the root ſmelled unto, is good for the ſame purpoſe. A water diſtilled from the root ſimply, as ſteeped in wine, and diſtilled in a glaſs, is much more effectual than the water of the leaves; and this water, drank two or three ſpoonfulls at a time, eaſeth all pains and torments coming of cold and wind, ſo that the body be not bound; and taken with ſome of the root in powder at the beginning, helpeth the pleuriſy, as alſo all other diſeaſes of the lungs and breaſt, as coughs, phthiſick, and ſhortneſs of breath; and a ſyrup of the ſtalks doth the like. It helps pains of the cholic, the ſtranguary and ſtoppage of the urine, procureth womens courſes, and expelleth the after-birth, openeth the ſtoppings of the liver and ſpleen, and briefly eaſeth and diſcuſſeth all windineſs and inward ſwellings. The decoction drunk before the fit of an ague, that they may ſweat (if poſſible) before the fit comes, will, in two or three times taking, rid it quite away; it helps digeſtion, and is a remedy for a ſurfeit. The juice, or the water being

dropped into the eyes or ears, helps dimneſs of ſight and deafneſs; the juice put into the hollow teeth, eaſeth their pains. The root in powder, made up into a plaiſter with a little pitch, and laid on the biting of mad dogs, or any other venomous creature, doth wonderfully help. The juice or the water dropped, or tents wet therein, and put into filthy dead ulcers, or the powder of the root (in want of either) doth cleanſe and cauſe them to heal quickly, by covering the naked bones with fleſh; the diſtilled water applied to places pained with the gout, or ſciatica, doth give a great deal of eaſe.

The wild Angelica is not ſo effectual as the garden; although it may be ſafely uſed to all the purpoſes aforeſaid.

Amaranthus.

BESIDES its common name, by which it is beſt known by the floriſts of our days, it is called Flower Gentle, Flower Velure, Floramor, and Velvet Flower.

Deſcript.] It being a garden flower, and well known to every one that keeps it, I might forbear the deſcription; yet, notwithſtanding, becauſe ſome deſire it, I ſhall give it. It runneth up with a ſtalk a cubit high, ſtreaked, and ſomewhat reddiſh toward the root, but very ſmooth, divided towards the top with ſmall branches, among which ſtand long broad leaves of a reddiſh green colour, ſlippery; the flowers are not properly flowers, but tuffs, very beautiful to behold, but of no ſmell, of reddiſh colour; if you bruiſe them, they yield juice of the ſame colour; being gathered, they keep their beauty a long time; the ſeed is of a ſhining black colour.

Time.] They continue in flower from Auguſt till the time the froſt nip them.

Government and Virtues.] It is under the dominion of Saturn, and is an excellent qualifier of the unruly actions and paſſions of Venus, though Mars alſo ſhould join with her. The flowers dried and beaten into powder, ſtop the terms in women, and ſo do almoſt all other red things. And by the icon, or image of every herb, the ancients at firſt found out their virtues. Modern writers laugh at them for it; but I wonder in my heart, how the virtue of herbs came at firſt to be known, if not by their ſignatures; the moderns have them from the writings of the ancients; the

the ancients had no writings to have them from; but to proceed. The flowers ſtop all fluxes of blood, whether in man or woman, bleeding either at the noſe or wound. There is alſo a ſort of Amaranthus that bears a white flower, which ſtops the whites in women, and the running of the reins in men, and is a moſt gallant antivenereal, and a ſingular remedy for the French pox.

Anemone.

CALLED alſo Wind Flower, becauſe, they ſay the flowers never open but when the wind bloweth. Pliny is my author; if it be not ſo blame him. The ſeed alſo (if it bears any at all) flies away with the wind.

Place and Time.] They are ſown uſually in the gardens of the curious, and flower in the Spring-time. As for deſcription I ſhall paſs it, being well known to all thoſe that ſow them.

Government and Virtues.] It is under the dominion of Mars, being ſuppoſed to be a kind of Crow-foot. The leaves provoke the terms mightily, being boiled, and the decoction drunk. The body being bathed with the decoction of them, cures the leproſy. The leaves being ſtamped, and the juice ſnuffed up the noſe, purgeth the head mightily; ſo doth the root, being chewed in the mouth, for it procureth much ſpitting, and bringeth away many watery and phlegmatic humours, and is therefore excellent for the lethargy. And when all is done, let phyſicians prate what they pleaſe, all the pills in the diſpenſatory purge not the head like to hot things held in the mouth. Being made into an ointment, and the eye lids anointed with it, it helps inflammations of the eyes, whereby it is palpable, that every ſtronger draweth its weaker like. The ſame ointment is excellent good to cleanſe malignant and corroding ulcers.

Garden Arrach.

CALLED alſo Orach, and Arage.

Deſcript.] It is ſo commonly known to every houſewife, it were labour loſt to deſcribe it.

Time.] It flowereth and ſeedeth from June to the end of Auguſt.

Government and Virtues.] It is under the government of

the Moon; in quality cold and moiſt like unto her. It ſofteneth and looſeneth the body of man being eaten, and fortifieth the expulſive faculty in him. The herb, whether it be bruiſed and applied to the throat, or boiled, and in like manner applied, it matters not much, it is excellent good for ſwellings in the throat; the beſt way, I ſuppoſe, is to boil it, having drunk the decoction inwardly, and apply the herb outwardly. The decoction of it beſides is an excellent remedy for the yellow jaundice.

Arrach, wild and ſtinking.

CALLED alſo Vulvaria, from that part of the body, upon which the operation is moſt; alſo Dogs Arrach, Goats Arrach, and Stinking Motherwort.

Deſcript.] This hath ſmall and almoſt round leaves, yet a little pointed and without dent or cut, of a duſky mealy colour, growing on the ſlender ſtalks and branches that ſpread on the ground, with ſmall flowers in cluſters ſet with the leaves, and ſmall ſeeds ſucceeding like the reſt, periſhing yearly, and riſing again with its own ſowing. It ſmells like rotten fiſh, or ſomething worſe.

Place.] It grows uſually upon dunghills.

Time.] They flower in June and July, and their ſeed is ripe quickly after.

Government and Virtues.] Stinking Arrach is uſed as a remedy to help women pained, and almoſt ſtrangled with the mother, by ſmelling to it; but inwardly taken there is no better remedy under the moon for that diſeaſe. I would be large in commendation of this herb, were I but eloquent. It is an herb under the dominion of Venus, and under the ſign Scorpio; it is common almoſt upon every dunghill. The works of God are given freely to man, his medicines are common and cheap, and eaſy to be found. ('Tis the medicines of the College of Phyſicians that are ſo dear and ſcarce to find) I commend it for an univerſal medicine for the womb, and ſuch a medicine as will eaſily, ſafely, and ſpeedily cure any diſeaſe thereof, as fits of the mother, diſlocation, or falling out thereof; it cools the womb being over-heated. And let me tell you this, and I will tell you the truth, heat of the womb is one of the greateſt cauſes of hard labour in child-birth. It makes barren women fruitful. It cleanſeth the womb if it be foul, and ſtrengthens it exceedingly;

it provokes the terms if they be ſtopped, and ſtops them if they flow immoderately; you can deſire no good to your womb, but this herb will effect it; therefore if you love children, if you love health, if you love eaſe, keep a ſyrup always by you, made of the juice of this herb, and ſugar, (or honey, if it be to cleanſe the womb) and let ſuch as be rich keep it for their poor neighbours; and beſtow it as freely as I beſtow my ſtudies upon them, or elſe let them look to anſwer it another day, when the Lord ſhall come to make inquiſition of blood.

Archangel.

TO put a gloſs upon their practice, the phyſicians call an herb (which country people vulgarly know by the name of Dead Nettle) Archangel; whether they favour more of ſuperſtition or folly, I leave to the judicious reader. There is more curioſity than courteſy to my countrymen uſed by others in the explanation as well of the names, as deſcription of this ſo well known herb; which, that I may not alſo be guilty of, take this ſhort deſcription, firſt of the Red Archangel.

Deſcript.] This hath divers ſquare ſtalks, ſomewhat hairy, at the joints whereof grow two ſad green leaves dented about the edges, oppoſite to one another to the lowermoſt upon long foot ſtalks, but without any toward the tops, which are ſomewhat round, yet pointed, and a little crumpled and hairy; round about the upper joints, where the leaves grow thick, are ſundry gaping flowers of a pale reddiſh colour; after which come the ſeeds three or four in a huſk. The root is ſmaller and thready, periſhing every year; the whole plant hath a ſtrong ſcent, but not ſtinking.

White Archangel hath divers ſquare ſtalks, none ſtanding ſtraight upward, but bending downward, where n ſtand two leaves at a joint, larger and more pointed than the other, dented about the edges, and greener alſo, more like unto Nettle leaves, but not ſtinking, yet hairy. At the joints with the leaves ſtand larger and more open gaping white flowers, huſks round about the ſtalks, but not with ſuch a buſh of leaves as flowers ſet in the top, as is on the other wherein ſtand ſmall roundiſh black ſeed; the root is white, with many ſtrings

at it, not growing downward, but lying under the upper cruſt of the earth, and abideth many years increaſing; this hath not ſo ſtrong a ſcent as the former.

Yellow Archangel is like the White in the ſtalks and leaves; but that the ſtalks are more ſtraight and upright, and the joints with leaves are farther aſunder, having longer leaves than the former, and the flowers a little larger and more gaping, of a fair yellow colour in moſt, in ſome paler, the roots are like white, only they creep not ſo much under the ground.

Place.] They grow almoſt every where, (unleſs it be in the middle of the ſtreet) the yellow moſt uſually in the wet grounds of woods, and ſometimes in the drier, in divers counties of this nation.

Time.] They flower from the beginning of the Spring all the Summer long.

Virtues and Uſe.] The Archangels are ſomewhat hot and drier than the ſtinging Nettles, and uſed with better ſucceſs for the ſtopping and hardneſs of the ſpleen, than they by uſing the decoction of the herb in wine, and afterwards applying the herb hot unto the region of the ſpleen as a plaiſter, or the decoction with ſpunges. Flowers of the White Archangel are preſerved or conſerved to be uſed to ſtay the whites, and the flowers of the red to ſtay the reds in women. It makes the heart merry, drives away melancholy, quickens the ſpirits, is good againſt quartan agues, ſtaucheth bleeding at the mouth and noſe, if it be ſtamped and applied to the nape of the neck; the herb alſo bruiſed, and with ſome ſalt and vinegar and hogs-greaſe, laid upon an hard tumour or ſwelling, or that vulgarly called the king's evil, do help to diſſolve or diſcuſs them; and being in like manner applied, doth much allay the pains, and give eaſe to the gout, ſciatica, and other pains of the joints and ſinews. It is alſo very effectual to heal green wounds, and old ulcers; alſo to ſtay their fretting, gnawing and ſpreading. It draweth forth ſplinters, and ſuch like things gotten into the fleſh, and is very good againſt bruiſes and burnings. But the yellow Archangel is moſt commended for old, filthy, corrupt ſores and ulcers, yea, although they grow to be hollow; and to diſſolve tumours. The chief uſe of them is for women, it being an herb of Venus, and may be found in my *Guide for Women.*

Arſmart.

Arſſmart.

THE hot Arſſmart is called alſo Water-pepper, or Culrage. The mild Arſſmart is called dead Arſſmart Percicaria, or Peach-wort, becauſe the leaves are ſo like the leaves of a peach-tree; it is alſo called Plumbago.

Deſcription of the Mild.] This hath broad leaves ſet at the great red joint of the ſtalks, with ſemi-circular blackiſh marks on them, uſually either bluiſh or whitiſh, with ſuch like ſeed following. The root is long, with many ſtrings thereat, periſhing yearly; this hath no ſharp taſte (as another ſort hath, which is quick and biting) but rather ſour like ſorrel, or elſe a little drying, or without taſte.

Place.] It groweth in watry places, ditches, and the like, which for the moſt part are dry in Summer.

Time.] It flowereth in June, and the ſeed is ripe in Auguſt.

Government and Virtues.] As the virtue of both theſe is various, ſo is alſo their government; for that which is hot and biting, is under the dominion of Mars, but Saturn challengeth the other, as appears by that leaden coloured ſpot he hath placed upon the leaf.

It is of a cooling and drying quality, and very effectual for putrified ulcers in man or beaſt, to kill worms, and cleanſe the putrified places. The juice thereof dropped in, or otherwiſe applied, conſumeth all cold ſwellings, and diſſolveth the congealed blood of bruiſes, by ſtrokes, falls, &c. A piece of the root, or ſome of the ſeeds bruiſed, and held to an aching tooth, taketh away the pain. The leaves bruiſed and laid to the joint that hath a felon thereon taketh it away. The juice deſtroyeth worms in the ears, being dropped into them; if the hot Arſſmart be ſtrewed in a chamber, it will ſoon kill all the fleas; and the herb or juice of the cold Arſſmart, put to a horſe, or other cattle's ſores, will drive away the fly in the hotteſt time of Summer; a good handful of the hot biting Arſſmart put under a horſe's ſaddle, will make him travel the better, although he were half tired before. The mild Arſſmart is good againſt all impoſthumes and inflammations at the beginning, and to heal green wounds.

All authors chop the virtues of both ſorts of Arſſmart

together, as men chop herbs to the pot, when both of them are of clean contrary qualities. The hot Arſſmart groweth not ſo high or tall as the mild doth, but hath many leaves of the colour of peach leaves, very ſeldom or never ſpotted; in other particulars it is like the former, but may eaſily be known from it, if you will but be pleaſed to break a leaf of it croſs your tongue, for the hot will make your tongue to ſmart, ſo will not the cold. If you ſee them both together, you may eaſily diſtinguiſh them, becauſe the mild hath far broader leaves; and our College of Phyſicians, out of the learned care of the public good, Anglicé, their own gain, miſtake the one for the other in their *New Maſterpiece*, whereby they diſcover, 1. Their ignorance. 2. Their careleſſneſs; and he that hath but half an eye, may ſee their pride without a pair of ſpectacles. I have done what I could to diſtinguiſh them in the virtues, and when you find not the contrary named, uſe the cold. The truth is, I have not yet ſpoken with Dr. Reaſon, nor his brother Dr. Experience, concerning either of them.

Afarabacca.

Deſcript.] ASARABACCA hath many heads riſing from the roots, from whence come many ſmooth leaves, every one upon his own foot-ſtalks, which are rounder and bigger than Violet leaves, thicker alſo, and of a dark green ſhining colour on the upper ſide, and of a pale yellow green underneath, little or nothing dented about the edges, from among which riſe ſmall, round, hollow, brown green huſks, upon ſhort ſtalks, about an inch long, divided at the brims into five diviſions, very like the cups or heads of the Henbane ſeed, but that they are ſmaller; and theſe be all the flowers it carrieth, which are ſomewhat ſweet, being ſmelled unto, and wherein, when they are ripe, is contained ſmall cornered rough ſeeds, very like the kernels or ſtones of grapes or raiſins. The roots are ſmall and whitiſh, ſpreading divers ways in the ground, increaſing into divers heads; but not running or creeping under the ground, as ſome other creeping herbs do. They are ſomewhat ſweet in ſmell, reſembling Nardus, but more when they are dry than green; and of a ſharp but not unpleaſant taſte.

Place.] It groweth frequently in gardens.

Time.]

Time.] They keep their leaves green all Winter; but ſhoot forth new in the Spring, and with them come forth thoſe heads or flowers which give ripe ſeed about Midſummer, or ſomewhat after.

Government and Virtues.] 'Tis a plant under the dominion of Mars, and therefore inimical to nature. This herb being drank, not only provoketh vomiting, but purgeth downward, and by urine alſo, purgeth both choler and phlegm. If you add to it ſome ſpikenard, with the whey of goat's milk, or honeyed water, it is made more ſtrong, but it purgeth phlegm more manifeſtly than choler, and therefore doth much help pains in the hips, and other parts; being boiled in whey, they wonderfully help the obſtructions of the liver and ſpleen, and therefore profitable for the dropſy and jaundice; being ſteeped in wine and drank, it helps thoſe continual agues that come by the plenty of ſtubborn humours; an oil made thereof by ſetting in the ſun, with ſome laudanum added to it, provoketh ſweating, (the ridge of the back being anointed therewith) and thereby driveth away the ſhaking fits of the ague. It will not abide any long boiling, for it loſeth its chief ſtrength thereby; nor much beating, for the finer powder doth provoke vomits and urine, and the coarſer purgeth downwards.

The common uſe hereof is, to take the juice of five or ſeven leaves in a little drink to cauſe vomiting; the roots have alſo the ſame virtue, though they do not operate ſo forcibly; they are very effectual againſt the biting of ſerpents, and therefore are put as an ingredient both into Mithridate and Venice treacle. The leaves and roots being boiled in lye, and the head often waſhed therewith while it was warm, comforteth the head and brain that is ill affected by taking cold, and helpeth the memory.

I ſhall deſire ignorant people to forbear the uſe of the leaves; the roots purge more gently, and may prove beneficial in ſuch as have cancers, or old putrified ulcers, or fiſtulas upon their bodies, to take a dram of them in powder in a quarter of a pint of white wine in the morning. The truth is, I fancy purging and vomiting medicines as little as any man breathing doth, for they weaken nature, nor ſhall ever adviſe them to be uſed, unleſs upon urgent neceſſity. If a phyſician be nature's ſervant, it is his duty to ſtrengthen his

miſtreſs as much as he can, and weaken her as little as may be.

Aſparagus, Sparagus, or Sperage.

Deſcript. IT riſeth up at firſt with divers white and green ſcaly heads, very brittle or eaſy to break while they are young, which afterwards riſe up in very long and ſlender green ſtalks, of the bigneſs of an ordinary riding wand, at the bottom of moſt, or bigger or leſſer, as the roots are of growth; on which are ſet divers branches of green leaves, ſhorter and ſmaller than fennel to the top; at the joints whereof come forth ſmall yellowiſh flowers, which run into round berries, green at firſt, and of an excellent red colour when they are ripe, ſhewing like bead or coral, wherein are contained exceeding hard black ſeeds, the roots are diſperſed from a ſpongeous head into many long, thick, and round ſtrings, wherein is ſucked much nouriſhment out of the ground, and increaſeth plentifully thereby.

Prickly Aſparagus, or Sperage.

Deſcript.] IT groweth uſually in gardens, and ſome of it grows wild in Appleton meadows, in Glouceſterſhire, where the poor people do gather the buds of young ſhoots, and ſell them cheaper than our garden Aſparagus is ſold at London.

Time.] They do for the moſt part flower and bear their berries late in the year, or not at all, although they are houſed in Winter.

Government and Virtues.] They are both under the dominion of Jupiter. The young buds or branches boiled in ordinary broth, make the belly ſoluble and open, and boiled in white wine, provoke urine, being ſtopped, and is good againſt the ſtranguary, or difficulty of making water; it expelleth the gravel and ſtone out of the kidnies, and helpeth pains in the reins. And boiled in white wine or vinegar, it is prevalent for them that have their arteries looſened, or are troubled with the hip-gout or ſciatica. The decoction of the roots boiled in wine and taken, is good to clear the ſight, and being held in the mouth eaſeth the tooth-ach; and being taken faſting ſeveral mornings together, ſtirreth up bodily luſt in man or woman (whatever

ſome

ſome have written to the contrary.) The garden Aſparagus nouriſheth more than the wild, yet hath it the ſame effects in all the afore-mentioned diſeaſes. The decoction of the roots in white wine, and the back and belly bathed therewith, or kneeling or lying down in the ſame, or ſitting therein as a bath, hath been found effectual againſt pains of the reins and bladder, pains of the mother and colic, and generally againſt all pains that happen to the lower parts of the body, and no leſs effectual againſt ſtiff and benumbed ſinews, or thoſe that are ſhrunk by cramps and convulſions, and helpeth the ſciatica.

Aſh Tree.

THIS is ſo well known, that time will be miſpent in writing a deſcription of it; and therefore I ſhall only inſiſt upon the virtues of it.

Government and Virtues.] It is governed by the Sun; and the young tender tops, with the leaves taken inwardly, and ſome of them outwardly applied, are ſingular good againſt the biting of viper, adder, or any other venomous beaſt; and the water diſtilled therefrom being taken a ſmall quantity every morning faſting, is a ſingular medicine for thoſe that are ſubject to dropſy, or to abate the greatneſs of thoſe that are too groſs or fat. The decoction of the leaves in white wine helpeth to break the ſtone, and expel it, and cureth the jaundice. The aſhes of the bark of the Aſh made into lye, and thoſe heads bathed therewith, which are leprous, ſcabby, or ſcald, they are thereby cured. The kernels within the huſks, commonly called Aſhen Keys, prevail againſt ſtitches and pains in the ſides, proceeding of wind, and voideth away the ſtone, by provoking urine.

I can juſtly except againſt none of this, ſave only the firſt, *viz.* That Aſh-tree tops and leaves are good againſt the biting of ſerpents and vipers. I ſuppoſe this had its riſe from Gerard or Pliny, both which hold, That there is ſuch an antipathy between an adder and an Aſh-tree, that if an adder be encompaſſed round with Aſh-tree leaves, ſhe will ſooner run through the fire than through the leaves. The contrary to which is the truth, as both my eyes are witneſs. The reſt are virtues ſomething likely, only if it be in Winter when you cannot

get the leaves, you may ſafely uſe the bark inſtead of them. The keys you may eaſily keep all the year, gathering them when they are ripe.

Avens, *called alſo* Colewort, *and* Herb Bonet.

Deſcript.] THE ordinary Avens hath many long, rough, dark green winged leaves, riſing from the root, every one made of many leaves ſet on each ſide of the middle rib, the largeſt three whereof grow at the end, and are ſnipped or dented round about the edges; the other being ſmall pieces, ſometimes two and ſometimes four, ſtanding on each ſide of the middle rib underneath them. Among which do riſe up divers rough or hairy ſtalks, about two feet high, branching forth with leaves at every joint, not ſo long as thoſe below, but almoſt as much cut in on the edges, ſome into three parts, ſome into more. On the tops of the branches ſtand ſmall, pale yellow flowers, conſiſting of five leaves, like the flowers of Cinqueſoil, but large, in the middle whereof ſtandeth a ſmall green herb, which when the flower is fallen, groweth to be round, being made of many long greeniſh purple ſeeds (like grains) which will ſtick upon your cloaths. The root conſiſts of many browniſh ſtrings or fibres, ſmelling ſomewhat like unto cloves, eſpecially thoſe which grow in the higher, hotter, and drier grounds, and in free and clear air.

Place.] They grow wild in many places under hedges ſides, and by the path-ways in fields; yet they rather delight to grow in ſhadowy than ſunny places.

Time.] They flower in May and June for the moſt part, and their ſeed is ripe in July at the fartheſt.

Government and Virtues.] It is governed by Jupiter, and that gives hopes of a wholeſome healthful herb. It is good for the diſeaſes of the cheſt or breaſt, for pains, and ſtitches in the ſide, and to expel crude and raw humours from the belly and ſtomach, by the ſweet ſavour and warming quality. It diſſolves the inward congealed blood happening by falls or bruiſes, and the ſpitting of blood, if the roots, either green or dry, be boiled in wine and drank; as alſo all manner of inward wounds or outward, if waſhed or bathed therewith. The decoction alſo being drank, comforts the heart, and ſtrengthens the ſtomach and a cold brain, and therefore is good in the Spring-time to open obſtructions of

the

the liver, and helpeth the wind colic; it alſo helps thoſe that have fluxes, or are burſten, or have a rupture; it taketh away ſpots or marks in the face, being waſhed therewith. The juice of the freſh root, or powder of the dried root, hath the ſame effect with the decoction. The root in the Spring-time, ſteeped in wine, doth give it a delicate ſavour and taſte, and being drank faſting every morning, comforteth the heart, and is a good preſervative againſt the plague, or any other poiſon. It helpeth digeſtion, and warmeth a cold ſtomach, and openeth obſtructions of the liver and ſpleen.

It is very ſafe; you need have no doſe preſcribed; and is very fit to be kept in every body's houſe.

Balm.

THIS herb is ſo well known to be an inhabitant almoſt in every garden, that I ſhall not need to write any deſcription thereof, although the virtues thereof, which are many, ſhould not be omitted.

Government and Virtues.] It is an herb of Jupiter, and under Cancer, and ſtrengthens nature much in all its actions. Let a ſyrup made with the juice of it and ſugar (as you ſhall be taught at the latter end of the book) be kept in every gentlewoman's houſe, to relieve the weak ſtomachs and ſick bodies of their poor ſickly neighbours; as alſo the herb kept dry in the houſe, that ſo with other convenient ſimples, you may make it into an electuary with honey, according as the diſeaſe is, you ſhall be taught at the latter end of my book. The Arabian phyſicians have extolled the virtues thereof to the ſkies; although the Greeks thought it not worth mentioning. Seraphio ſaith, it cauſeth the mind and heart to become merry, and reviveth the heart, faintings and ſwoonings, eſpecially of ſuch who are overtaken in ſleep, and driveth away all troubleſome cares and thoughts out of the mind, ariſing from melancholy or black choler; which Avicen alſo confirmeth. It is very good to help digeſtion, and open obſtructions of the brain, and hath ſo much purging quality in it, (ſaith Avicen) as to expel thoſe melancholy vapours from the ſpirits and blood which are in the heart and arteries, although it cannot do ſo in other parts of the body. Dioſcorides ſaith, That the leaves ſteeped in wine, and the wine drank, and the

leaves

leaves externally applied, is a remedy againſt the ſtings of a ſcorpion, and the bitings of mad dogs; and commendeth the decoction thereof for women to bathe or ſit in to procure their courſes; it is good to waſh aching teeth therewith, and profitable for thoſe that have the bloody-flux. The leaves alſo, with a little nitre taken in drink, are good againſt the ſurfeit of muſhrooms, help the griping pains of the belly; and being made into an electuary, it is good for them that cannot fetch their breath: Uſed with ſalt, it takes away wens, kernels, or hard ſwellings in the fleſh or throat; it cleanſeth foul ſores, and eaſeth pains of the gout. It is good for the liver and ſpleen. A tanſy or caudle made with eggs, and juice thereof, while it is young, putting to it ſome ſugar and roſe-water, is good for a woman in child-bed, when the after-birth is not thoroughly voided, and for their faintings upon or in their ſore travail. The herb bruiſed and boiled in a little wine and oil, and laid warm on a boil, will ripen it, and break it.

Barberry.

THE ſhrub is ſo well known by every boy and girl that hath but attained to the age of ſeven years, that it needs no deſcription.

Government and Virtues.] Mars owns the ſhrub, and preſents it to the uſe of my countrymen to purge their bodies of choler. The inner rind of the Barberry-tree boiled in white wine, and a quarter of a pint drank each morning, is an excellent remedy to cleanſe the body of choleric humours, and free it from ſuch diſeaſes as choler cauſeth, ſuch as ſcabs, itch, tetters, ringworms, yellow jaundice, boils, &c. It is excellent for hot agues, burnings, ſcaldings, heat of the blood, heat of the liver, bloody flux, for the berries are as good as the bark, and more pleaſing; they get a man a good ſtomach to his victuals, by ſtrengthening the attractive faculty which is under Mars, as you may ſee more at large at the latter end of my *Ephemeris* for the year 1651. The hair waſhed with the lye made of aſhes of the tree and water, will make it turn yellow, *viz.* of Mars' own colour. The fruit and rind of the ſhrub, the flowers of broom and of heath, or furze, cleanſe the body of choler by ſympathy, as the flowers, leaves, and bark of the peach-tree do by antipathy; becauſe theſe are under Mars, that under Venus.

Barley.

Barley.

THE continual uſefulneſs hereof hath made all in general ſo acquainted herewith, that it is altogether needleſs to deſcribe it, ſeveral kinds hereof plentifully growing, being yearly ſown in this land. The virtues thereof take as followeth.

Government and Virtues.] It is a notable plant of Saturn; if you view diligently its effects by ſympathy and antipathy you may eaſily perceive a reaſon of them; as alſo why barley-bread is ſo unwholſome for melancholy people. Barley in all the parts and compoſition thereof, (except malt) is more cooling than wheat, and a little cleanſing. And all the preparations thereof, as Barley-water and other things made thereof, do give great nouriſhment to perſons troubled with fevers, agues, and heats in the ſtomach. A poultice made of barley-meal or flour boiled in vinegar and honey, and a few dry figs put in them, diſſolveth all hard impoſthumes, and aſſuageth inflammations, being thereto applied. And being boiled with melilot and camomile-flowers, and ſome linſeed, fenugreek and rue in powder, and applied warm, it eaſeth pains in ſide and ſtomach, and windineſs of the ſpleen. The meal of barley and fleaworts boiled in water, and made a poultice with honey and oil of lilies, applied warm, cureth ſwellings under the ears, throat, neck and ſuch like; and a plaiſter made thereof with tar, wax, and oil, helpeth the king's evil in the throat; boiled with ſharp vinegar into a poultice, and laid on hot, helpeth the leproſy; being boiled in red wine with pomgranate rind, and myrtles, ſtayeth the laſk or other flux of the belly; boiled with vinegar and quince, it eaſeth the pains of the gout; barley flour, white ſalt, honey, and vinegar mingled together, taketh away the itch ſpeedily and certainly. The water diſtilled from the green barley in the end of May, is very good for thoſe that have defluctions of humours fallen into their eyes, and eaſeth the pain being dropped into them; or white bread ſteeped therein, and bound on the eyes, doth the ſame.

Garden Bazil, or Sweet Bazil.

Deſcript.] THE greater or ordinary Bazil riſeth up uſually with one upright ſtalk diverſely branching forth on all ſides, with two leaves at every joint,

joint, which are ſomewhat broad and round, yet pointed, of a pale green colour, but freſh; a little ſnipped about the edges, and of a ſtrong healthy ſcent. The flowers are ſmall and white, and ſtanding at the tops of the branches, with two ſmall leaves at the joints, in ſome places green, in others brown, after which come black ſeed. The root periſheth at the approach of Winter, and therefore muſt be new ſown every year.

Place.] It groweth in gardens.

Time.] It muſt be ſowed late, and flowers in the heart of Summer, being a very tender plant.

Government and Virtues.] This is the herb which all authors are together by the ears about, and rail at one another (like lawyers). Galen and Dioſcorides hold it not fitting to be taken inwardly; and Chryſipus rails at it with downright Billingſgate rhetoric; Pliny, and the Arabian phyſicians defend it.

For my own part, I preſently found that ſpeech true;

Non noſtrum inter nos tantas componere lites.

And away to Dr. Reaſon went I, who told me it was an herb of Mars, and under the Scorpion, and perhaps therefore called Baſilicon, and it is no marvel if it carry a kind of virulent quality with it. Being applied to the place bitten by venomous beaſts, or ſtung by a waſp or hornet, it ſpeedily draws the poiſon to it. *Every like draws his like.* Mizaldus affirms, that being laid to rot in horſe-dung, it will breed venomous beaſts. Hilarious, a French phyſician, affirms upon his own knowledge, that an acquaintance of his, by common ſmelling to it, had a ſcorpion breed in his brain. Something is the matter, this herb and rue will never grow together, no, nor near one another; and we know rue is as great an enemy to poiſon as any that grows.

To conclude; it expelleth both birth and after-birth; and as it helps the deficiency of Venus in one kind, ſo it ſpoils all her actions in another. I dare write no more of it.

The Bay Tree.

THIS is ſo well known that it needs no deſcription; I ſhall therefore only write the virtues thereof, which are many.

Government and Virtues.] I ſhall but only add a word or

or two to what my friend hath written, *viz.* That it is a tree of the ſun, and under the celeſtial ſign Leo, and reſiſteth witchcraft very potently, as alſo all the evils old Saturn can do to the body of man, and they are not a few; for it is the ſpeech of one, and I am miſtaken if it were not Mizaldus, that neither witch nor devil, thunder nor lightening, will hurt a man in a place where a Bay-tree is. Galen ſaid, that the leaves or bark do dry and heal very much, and the berries more than the leaves; the bark of the root is leſs ſharp and hot, but more bitter, and hath ſome aſtriction withal, whereby it is effectual to break the ſtone, and good to open obſtructions of the liver, ſpleen, and other inward parts, which bring the jaundice, dropſy, &c. The berries are very effectual againſt all poiſon of venomous creatures, and the ſting of waſps and bees; as alſo againſt the peſtilence, or other infectious diſeaſes, and therefore put into ſundry treacles for that purpoſe. They likewiſe procure women's courſes; and ſeven of them given to a woman in ſore travail of child-birth, do cauſe a ſpeedy delivery, and expel the after birth, and therefore not to be taken by ſuch as have not gone out their time, leſt they procure abortion, or cauſe labour too ſoon. They wonderfully help all cold and rheumatic diſtillations from the brain to the eyes, lungs, or other parts; and being made into an electuary with honey, do help the conſumption, old coughs, ſhortneſs of breath, and thin rheums, as alſo the megrum. They mightily expel the wind, and provoke urine; help the mother, and kill the worms. The leaves alſo work the like effects. A bath of the decoction of the leaves and berries, is ſingular good for women to ſit in, that are troubled with the mother, or the diſeaſes thereof, or the ſtoppings of their courſes, or for the diſeaſes of the bladder, pains in the bowels by wind and ſtopping of urine. A decoction likewiſe of equal parts of Bay berries, cummin-ſeed, hyſſop, origanum, and euphorbium, with ſome honey, and the head bathed therewith, doth wonderfully help diſtillations and rheums, and ſettleth the palate of the mouth into its place. The oil made of the berries is very comfortable in all cold griefs of the joints, nerves, arteries, ſtomach, belly, or womb, and helpeth palſies, convulſions, cramp, aches, tremblings and numbneſs in any part, wearineſs alſo, and pains that come by ſore travelling. All griefs and pains proceeding from wind, either

ther in the head, ſtomach, back, belly, or womb, by anointing the parts affected therewith; and pains in the ears are alſo cured by dropping in ſome of the oil, or by receiving into the ears the fume of the decoction of the berries through a funnel. The oil takes away the marks of the ſkin and fleſh by bruiſes, falls, &c. and diſſolveth the congealed blood in them. It helpeth alſo the itch, ſcabs and weals in the ſkin.

Beans.

BOTH the garden and field Beans are ſo well known, that it ſaveth me the labour of writing any deſcription of them. Their virtues follow.

Government and Virtues.] They are plants of Venus, and the diſtilled water of the flower of garden Beans, is good to clean the face and ſkin from ſpots and wrinkles, and the meal or flour of them, or the ſmall beans, doth the ſame. The water diſtilled from the green huſks, is held to be very effectual againſt the ſtone, and to provoke urine. Bean flour is uſed in poultices to aſſuage inflammations riſing upon wounds, and the ſwelling of women's breaſts, cauſed by curdling of their milk, and repreſſeth their milk. Flour of beans and fenugreek mixed with honey, and applied to felons, boils, bruiſes, or blue marks by blows, or the impoſthumes in the kernels of the ears, helpeth them all, and with roſe leaves, frankincenſe, and the white of an egg, being applied to the eyes, helpeth them that are ſwollen or do water, or have received any blow upon them, if uſed with wine. If a Bean be parted in two, the ſkin being taken away, and laid on the place where the leech hath been ſet that bleedeth too much, ſtayeth the bleeding. Bean flour boiled to a poultice with wine and vinegar, and ſome oil put thereto, eaſeth both pains and ſwelling of the cods. The huſks boiled in water to the conſumption of a third part thereof, ſtayeth a laſk, and the aſhes of the huſks, made up with hogs greaſe, helpeth the old pains, contuſions, and wounds of the ſinews, the ſciatica and gout. The field Beans have all the aforementioned virtues as the garden Beans.

Beans eaten are extremely windy meat; but if after the Dutch faſhion, when they are half boiled you huſk them, and then ſtew them, (I cannot tell you how, for I never was cook in all my life) they are wholeſome food.

French

French Beans.

Deſcript.] THIS French or Kidney-Bean ariſeth at firſt but with one ſtalk, which afterwards divides itſelf into many arms or branches, but all ſo weak that if they be not ſuſtained with ſticks or poles, they will be fruitleſs upon the ground. At ſeveral places of theſe branches grow ſoot ſtalks, each with three broad, round and pointed green leaves at the end of them; towards the top comes forth divers flowers made like unto peas bloſſoms, of the ſame colour for the moſt part that the fruit will be of; that is to ſay, white, yellow, red, blackiſh, or of a deep purple, but white is the moſt uſual; after which come long and ſlender flat cods, ſome crooked, ſome ſtraight, with a ſtring running down the back thereof, wherein is flattiſh round fruit made like a kidney; the root long, ſpreadeth with many ſtrings annexed to it, and periſheth every year.

There is another ſort of French Beans commonly growing with us in this land, which is called the ſcarlet flowered Bean.

This ariſeth with ſundry branches as the other, but runs higher to the length of hop poles, about which they grow twining, but turning contrary to the ſun, having ſoot ſtalks with three leaves on each, as on the other; the flowers alſo are like the other, and of a moſt orient ſcarlet colour. The Beans are larger than the ordinary kind, of a dead purple colour, turning black when ripe and dry. The root periſheth in Winter.

Government and Virtues.] Theſe alſo belong to Dame Venus, and being dried and beat to powder, are as great ſtrengtheners of the kidnies as any are; neither is there a better remedy than it; a dram at a time taken in white wine, to prevent the ſtone, or to cleanſe the kidnies of gravel or ſtoppage. The ordinary French Beans are of an eaſy digeſtion; they move the belly, provoke urine, enlarge the breaſt that is ſtreightened with ſhortneſs of breath, engender ſperm, and incite to venery. And the ſcarlet-coloured Beans, in regard of the glorious beauty of their colour, being ſet near a quickſet hedge, will bravely adorn the ſame by climbing up thereon, ſo that they may be diſcerned a great way, not without admiration

miration of the beholders at a diſtance. But they will go near to kill the quickſets by cloathing them in ſcarlet.

Ladies Bed-Straw.

BESIDES the common name above written, it is called Cheeſe Rennet, becauſe it performs the ſame office; as alſo Gallion, Pettimugget, and Maid-hair; and by ſome Wild Roſemary.

Deſcript.] This riſeth up with divers ſmall, brown and ſquare upright ſtalks, a yard high or more; ſometimes branches forth into divers parts, full of joints, and with divers very fine ſmall leaves at every one of them, little or nothing rough at all; at the tops of the branches grow many long tufts or branches of yellow flowers, very thick ſet together, from the ſeveral joins which conſiſt of four leaves a piece, which ſmell ſomewhat ſtrong, but not unpleaſant. The ſeed is ſmall and black like poppy ſeed, two for the moſt part joined together. The root is reddiſh, with many ſmall threads faſtened unto it, which take ſtrong hold of the ground, and creepeth a little; and the branches leaning a little down to the ground, take root at the joints thereof, whereby it is eaſily encreaſed.

There is another ſort of Ladies Bed-ſtraw growing frequently in England, which beareth white flowers as the other doth yellow; but the branches of this are ſo weak, that unleſs it be ſuſtained by the edges, or other things near which it groweth, it will lie down to the ground. The leaves a little bigger than the former, and the flowers not ſo plentiful as theſe, and the root hereof is alſo thready and abiding.

Place.] They grow in meadows and paſtures both wet and dry, and by the hedges.

Time.] They flower in May for the moſt part, and the ſeed is ripe in July and Auguſt.

Government and Virtues.] They are both herbs of Venus, and therefore ſtrengthening the parts both internal and external, which ſhe rules. The decoction of the former of thoſe being drank, is good to fret and break the ſtone, provoke urine, ſtayeth inward bleeding, and healeth inward wounds. The herb or flower bruiſed and put up into the noſtrils, ſtayeth their bleeding likewiſe. The flowers and herbs being made into an oil, by being ſet in

in the ſun, and changed after it hath ſtood ten or twelve days; or into an ointment, being boiled in *Axunga*, or ſallad oil, with ſome wax melted therein, after it is ſtrained; either the oil made thereof, or the ointment, do help burnings with fire, or ſcaldings with water. The ſame alſo, or the decoction of the herb and flower, is good to bathe the feet of travellers and lacquies, whoſe long running cauſeth weariness and ſtiffneſs in their ſinews and joints. If the decoction be uſed warm, and the joints afterwards anointed with ointment, it helpeth the dry ſcab, and the itch in children; and the herb with the white flower is alſo very good for the ſinews, arteries, and joints, to comfort and ſtrengthen them after travel, cold, and pains.

Beets.

OF Beets there are two ſorts, which are beſt known generally, and whereof I ſhall principally treat at this time, *viz.* the white and red Beets, and their virtues.

Deſcript.] The common white Beet hath many great leaves next the ground, ſomewhat large, and of a whitiſh green colour. The ſtalk is great, ſtrong and ribbed, bearing great ſtore of leaves upon it, almoſt to the very top of it. The flowers grow in very long tufts, ſmall at the end, and turning down their heads, which are ſmall, pale, greeniſh yellow buds, giving cornered prickly ſeeds. The root is great, long and hard, and when it hath given ſeed, is of no uſe at all.

The common red Beet differeth not from the white, but only it is leſſer, and the leaves and the roots are ſomewhat red. The leaves are differently red, ſome only with red ſtalks or veins; ſome of a freſh red, and others of a dark red. The root thereof is red, ſpungy, and not uſed to be eaten.

Government and Virtues.] The government of theſe two ſorts of Beets are far different; the red Beet being under Saturn, and the white under Jupiter; therefore take the virtues of them apart, each by itſelf. The white Beet doth much looſen the belly, and is of a cleanſing, digeſting quality, and provoketh urine. The juice of it openeth obſtructions both of the liver and ſpleen, and is good for the head-ach and ſwimmings therein, and turnings of the brain; and is effectual alſo againſt all venomous creatures

tures; and applied unto the temples, ſtayeth inflammations in the eyes; it helpeth burnings, being uſed without oil, and with a little allum put to it, is good for St. Anthony's fire. It is good for all weals, puſhes, bliſters, and blains in the ſkin; the herb boiled and laid upon chilblains or kibes, helpeth them. The decoction thereof in water and ſome vinegar, healeth the itch, if bathed therewith, and cleanſeth the head of dandruff, ſcurf, and dry ſcabs, and doth much good for fretting and running ſores, ulcers, and cankers in the head, legs, or other parts, and is much commended againſt baldneſs and ſhedding the hair.

The red Beet root is good to ſtay the bloody-flux, women's courſes, and the whites, and do help the yellow jaundice; the juice of the root put into the noſtrils, purgeth the head, helpeth the noiſe in the ears, and the tooth-ach; the juice ſnuffed up the noſe, helps a ſtinking breath, if the cauſe lies in the noſe, as many times it doth, if any bruiſe hath been there; as alſo want of ſmell coming that way.

Water Betony.

CALLED alſo Brown-wort, and in Yorkſhire, Biſhops-leaves.

Deſcript.] Firſt of the Water Betony, which riſeth up with ſquare, hard, greeniſh ſtalks, ſometimes brown, ſet with broad dark green leaves dented about the edges with notches, ſomewhat reſembling the leaves of the Wood Betony, but much larger too, for the moſt part ſet at a joint. The flowers are many, ſet at the tops of the ſtalks and branches, being round bellied and opened at the brims, and divided into two parts, the uppermoſt being like a hood, and the lowermoſt like a hip hanging down, of a dark red colour, which paſſing, there come in their places ſmall round heads with ſmall points at the ends, wherein lie ſmall and browniſh ſeeds. The root is a thick buſh of ſtrings and ſhreds growing from the head.

Place.] It groweth by the ditch-ſide, brooks, and other water-courſes, generally through this land, and is ſeldom found far from the water-ſide.

Time.] It flowereth about July, and the ſeed is ripe in Auguſt.

Government and Virtues.] Water Betony is an herb of Jupiter in Cancer, and is appropriated more to wounds and

and hurts in the breaſts than Wood Betony, which follows; it is an excellent remedy for ſick hogs, it is of a cleanſing quality. The leaves bruiſed and applied are effectual for all old and filthy ulcers; and eſpecially if the juice of the leaves be boiled with a little honey, and dipped therein, and the ſores dreſſed therewith; as alſo for bruiſes or hurts whether inward or outward. The diſtilled water of the leaves is uſed for the ſame purpoſe, as alſo to bathe the face and hands ſpotted or blemiſhed, or diſcoloured by ſun burning.

I confeſs I do not much fancy diſtilled waters, I mean ſuch waters as are diſtilled cold; ſome virtues of the herb they may happily have; (it were a ſtrange thing elſe) but this I am confident of, that being diſtilled in a pewter ſtill, as the vulgar and apiſh faſhion is, both chymical oil and ſalt is left behind, unleſs you burn them, and then all is ſpoiled, water and all, which was good for as little as can be by ſuch a diſtillation in my tranſlation of the London Diſpenſatory.

Wood Betony.

Deſcript.] COMMON or Wood Betony hath many leaves riſing from the root, which are ſomewhat broad and round at the end, roundly dented about the edges, ſtanding upon long foot ſtalks, from among which ariſe up ſmall, ſquare, ſlender, but upright hairy ſtalks, with ſome leaves thereon to a piece at the joints, ſmaller than the lower, whereon are ſet ſeveral ſpiked heads of flowers like lavender, but thicker and ſhorter for the moſt part, and of a reddiſh or purple colour, ſpotted with white ſpots both in the upper and lower part, the ſeeds being contained within the huſks that hold the flowers, are blackiſh, ſomewhat long and uneven. The roots are many white thready ſtrings; the ſtalk periſheth, but the roots, with ſome leaves thereon, abide all the Winter. The whole plant is ſomething ſmall.

Place.] It groweth frequently in woods, and delighteth in ſhady places.

Time.] And it flowereth in July, after which the ſeed is quickly ripe, yet in its prime in May.

Government and Virtues.] The herb is appropriated to the planet Jupiter, and the ſign Aries. Antonius Muſa, phyſician to the Emperor Auguſtus Cæſar, wrote a peculiar

culiar book of the virtues of this herb; and among other virtues, ſaith of it, that it preſerveth the liver and body of men from the danger of epidemical diſeaſes, and from witchcrafts alſo; it helpeth thoſe that loath or cannot digeſt their meat, thoſe that have weak ſtomachs, or ſour belchings, or continual riſing in their ſtomach, uſing it familiarly, either green or dry; either the herb or root, or the flowers in broth, drink, or meat, or made into conſerve, ſyrup, water, electuary, or powder, as every one may beſt frame themſelves unto, or as the time or ſeaſon requireth; taken any of the aforeſaid ways, it helpeth the jaundice, falling-ſickneſs, the palſy, convulſions, or ſhrinking of the ſinews, the gout, and thoſe that are inclined to dropſy, thoſe that have continual pains in their heads, although it turn to phrenſy. The powder mixed with pure honey, is no leſs available for all ſorts of coughs or colds, wheeſing, or ſhortneſs of breath, diſtillations of thin rheum upon the lungs, which cauſeth conſumptions. The decoction made with mead, and a little penny-royal, is good for thoſe that are troubled with putrid agues, whether quotidian, tertian, or quartan, and to draw down and evacuate the blood and humours, that by falling into the eyes, do hinder the ſight; the decoction thereof made in wine, and taken, killeth the worms in the belly, openeth obſtructions both of the ſpleen and liver, cureth ſtitches, and pains in the back or ſides, the torments and griping pains of the bowels, and the wind-cholic; and mixed with honey purgeth the belly, helpeth to bring down women's courſes, and is of ſpecial uſe for thoſe that are troubled with the falling down of the mother, and pains thereof, and cauſeth an eaſy and ſpeedy delivery of women in child-birth. It helpeth alſo to break and expel the ſtone, either in the bladder or kidnies. The decoction with wine gargled in the mouth, eaſeth the tooth-ach. It is commended againſt the ſtinging or biting of venomous ſerpents, or mad dogs, being uſed inwardly and applied outwardly to the place. A dram of the powder of Betony, taken with a little honey in ſome vinegar, doth wonderfully refreſh thoſe that are over wearied by travel. It ſtayeth bleeding at the mouth or noſe, and helpeth thoſe that piſs or ſpit blood, and thoſe that are burſten or have a rupture, and is good for ſuch as are bruiſed by any fall or otherwiſe. The green herb bruiſed, or the juice applied

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plied to any inward hurt, or outward green wound in the head or body, will quickly heal and cloſe it up; as alſo any veins or ſinews that are cut; and will draw forth any broken bone or ſplinter, thorn or other things got into the fleſh. It is no leſs profitable for old ſores or filthy ulcers; yea, though they be fiſtulous and hollow. But ſome do adviſe to put a little ſalt to this purpoſe, being applied with a little hog's lard, it helpeth a plague ſore, and other boils and puſhes. The ſume of the decoction while it is warm, received by a funnel into the ears, eaſeth the pains of them, deſtroys the worms and cureth the running ſores in them. The juice dropped into them doth the ſame. The root of Betony is diſpleaſing both to the taſte and ſtomach, whereas the leaves and flowers, by their ſweet and ſpicy taſte, are comfortable both to meat and medicine.

Theſe are ſome of the many virtues Antony Muſe, an expert phyſician (for it was not the practice of Octavius Cæſar to keep fools about him) appropriates to Betony; it is a very precious herb, that is certain, and moſt fitting to be kept in a man's houſe, both in ſyrup, conſerve, oil, ointment, and plaiſter. The flowers are uſually conſerved.

The Beech Tree.

IN treating of this tree, you muſt underſtand that I mean the green Maſt-beech, which is, by way of diſtinction from that other ſmall rough ſort, called in Suſſex the ſmaller Beech, but in Eſſex Horn-bean.

I ſuppoſe it is needleſs to deſcribe it, being already too well known to my countrymen.

Place.] It groweth in woods among oaks and other trees, and in parks, foreſts, and chaces, to feed deer; and in other places to fatten ſwine.

Time.] It bloometh in the end of April, or beginning of May, for the moſt part, and the fruit is ripe in September.

Government and Virtues.] It is a plant of Saturn, and therefore performs his qualities and proportion in theſe operations. The leaves of the Beech-tree are cooling and binding, and therefore good to be applied to hot ſwellings, to diſcuſs them; the nuts do much nouriſh ſuch beaſts as feed thereon. The water that is found in the hollow places of decaying Beeches will cure both man and beaſt of any ſcurf, ſcab, or running tetters, if they

be waſhed therewith; you may boil the leaves into a poultice, or make an ointment of them when time of year ſerves.

Bilberries, *called by ſome* Whorts, *and* Whortle-Berries.

Deſcript.] OF theſe I ſhall only ſpeak of two ſorts which are common in England, viz. the black and red berries. And firſt of the black.

The ſmall buſh creepeth along upon the ground, ſcarce riſing half a yard high, with divers ſmall dark green leaves ſet in the green branches, not always one againſt the other, and a little dented about the edges; at the foot of the leaves come forth ſmall, hollow, pale, bluiſh coloured flowers, the brims ending with five points, with a reddiſh thread in the middle, which paſs into ſmall round berries of the bigneſs and colour of juniper berries, but of a purple, ſweetiſh, ſharp taſte; the juice of them giveth a purpliſh colour in their hands and lips that eat and handle them, eſpecially if they break them. The root groweth aſlope under ground, ſhooting forth in ſundry places as it creepeth. This loſes its leaves in Winter.

The Red Bilberry, or Whortle-buſh, riſeth up like the former, having ſundry hard leaves, like the Box-tree leaves, green and round pointed, ſtanding on the ſeveral branches, at the top whereof only, and not from the ſides, as in the former, come forth divers round, reddiſh, ſappy berries, when they are ripe, of a ſharp taſte. The root runneth in the ground, as in the former, but the leaves of this abide all the Winter.

Place.] The firſt groweth in foreſts, on the heaths, and ſuch like barren places. The red grows in the north parts of this land, as Lancaſhire, Yorkſhire, &c.

Time.] They flower in March and April, and the fruit of the black is ripe in July and Auguſt.

Government and Virtues.] They are under the dominion of Jupiter. It is a pity they are uſed no more in phyſic than they are. The Black Bilberries are good in hot agues, and to cool the heat of the liver and ſtomach; they do ſomewhat bind the belly, and ſtay vomitings and loathings; the juice of the berries made in a ſyrup, or the pulp made into a conſerve with ſugar, is good for the purpoſes aforeſaid, as alſo for an old cough, or an ulcer

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in the lungs, or other diſeaſes therein. The red Whorts are more binding, and ſtop women's courſes, ſpitting of blood, or any other flux of blood or humours, being uſed as well outwardly as inwardly.

Bifoil, or Twablade.

Deſcript.] THIS ſmall herb, from a root ſomewhat ſweet, ſhooting downwards many long ſtrings, riſeth up a round green ſtalk, bare or naked next the ground for an inch, two or three to the middle thereof, as it is in age or growth; as alſo from the middle upward to the flowers, having only two broad plantain-like leaves (but whiter) ſet at the middle of the ſtalk, one againſt another, compaſſeth it round at the bottom of them.

Place.] It is an uſual inhabitant in woods, copſes, and in many other places in this land.

There is another ſort groweth in wet grounds and marſhes, which is ſomewhat different from the former. It is a ſmaller plant, and greener, having ſometimes three leaves; the ſpike of the flowers is leſs than the former, and the roots of this do run or creep in the ground.

They are much and often uſed by many to good purpoſe for wounds, both green and old, and to conſolidate or knit ruptures; as well it may, being a plant of Saturn.

The Birch Tree.

Deſcript.] THIS groweth a goodly tall ſtraight tree, fraught with many boughs, and ſlender branches bending downward; the old being covered with a diſcoloured chapped bark, and the younger being browner by much. The leaves at the firſt breaking out are crumpled, and afterwards like beech leaves, but ſmaller and greener, and dented about the edges. It beareth ſmall ſhort cat-ſkins, ſomewhat like thoſe of the hazel nut-tree, which abide on the branches a long time, until growing ripe, they fall on the ground, and their ſeed with them.

Place.] It uſually groweth in woods.

Government and Virtues.] It is a tree of Venus; the juice of the leaves, while they are young, or the diſtilled water of them, or the water that comes from the tree being bored with an auger, and diſtilled afterwards; any of theſe being drank for ſome days together, is available to break the ſtone in the kidnies and bladder, and is good alſo to waſh ſore mouths.

Bird's Foot.

THIS ſmall herb groweth not above a ſpan high, with many branches ſpread upon the ground, ſet with many wings of ſmall leaves. The flowers grow upon the branches, many ſmall ones of a pale yellow colour being ſet a head together, which afterwards turneth into ſmall jointed cods, well reſembling the claws of ſmall birds, whence it took its name.

There is another ſort of Bird's-foot in all things like the former, but a little larger; the flower of a pale whitiſh red colour, and the cods diſtinct by joints like the other, but a little more crooked, and the roots do carry many ſmall white knots or kernels among the ſtrings.

Place.] Theſe grow on heaths, and many open untilled places of this land.

Time.] They flower and ſeed in the end of Summer.

Government and Virtues.] They belong to Saturn, and are of a drying, binding quality, and thereby very good to be uſed in wound drinks; as alſo to apply outwardly for the ſame purpoſe. But the latter Bird's-foot is found by experience to break the ſtone in the back or kidnies, and drives them forth, if the decoction thereof be taken; and it wonderfully helpeth the rupture, being taken inwardly, and outwardly applied to the place.

All ſalts have beſt operation upon the ſtone, as ointments and plaiſters have upon wounds; and therefore you may make a ſalt of this for the ſtone; the way how to do ſo may be found in my tranſlation of the London Diſpenſatory; and it may be I may give you it again in plainer terms at the latter end of this book.

Biſhops-Weed.

BESIDES the common name Biſhops-weed, 'tis uſually known by the Greek name *Ammi* and *Ammios*; ſome call it Æthiopian Cummin-ſeed, and others Cummin-royal, as alſo Herb-William, and Bull-wort.

Deſcript.] Common Biſhops-weed riſeth up with a round ſtraight ſtalk, ſometimes as high as a man, but uſually three or four feet high, beſet with divers ſmall, long, and ſomewhat broad leaves, cut in ſome places, and dented about the edges, growing one againſt another, of a dark

a dark green colour, having ſundry branches on them, and at the top ſmall umbels of white flowers, which turn into ſmall round ſeeds, little bigger than parſley-ſeeds, of a quick hot ſcent and taſte; the root is white and ſtringy, periſhing yearly, and uſually riſeth again on its own ſowing.

Place.] It groweth wild in many places in England and Wales, as between Greenhith and Graveſend.

Government and Virtues.] It is hot and dry in the third degree, of a bitter taſte, and ſomewhat ſharp withal; it provokes luſt to purpoſe; I ſuppoſe Venus owns it. It digeſteth humours, provoketh urine and women's courſes, diſſolveth wind, and being taken in wine it eaſeth pain and griping in the bowels, and is good againſt the biting of ſerpents; it is uſed to good effects in thoſe medicines which are given to hinder the poiſonous operation of Cantharides upon the paſſage of the urine; being mixed with honey, and applied to black and blue marks, coming of blows or bruiſes, it takes them away; and being drank or outwardly applied, it abateth an high colour, and makes it pale; and the fumes thereof taken with roſin or raiſins, cleanſeth the mother.

Biſtort, or Snakeweed.

IT is called Snakeweed, Engliſh Serpentary, Dragonwort, Oſterick, and Paſſions.

Deſcript.] This hath a thick ſhort knobbed root, blackiſh without, and ſomewhat reddiſh within, a little crooked or turned together, of a hard aſtringent taſte, with divers black threads hanging there, from whence ſpring up every year divers leaves ſtanding upon long foot-ſtalks, being ſomewhat broad and long like a dock leaf, and a little pointed at the ends, but that it is of a bluiſh green colour on the upper ſide, and of an aſh-colour grey, and a little purpliſh underneath, with divers veins therein, from among which riſe up divers ſmall and ſlender ſtalks, two feet high, and almoſt naked and without leaves, or with a very few, and narrow, bearing a ſpiky buſh of pale-coloured flowers; which being paſt, there abideth ſmall ſeed, like unto ſorrel ſeed, but greater.

There are other ſorts of Biſtort growing in this land, but ſmaller, both in height, root, and ſtalks, and eſpecially in the leaves. The root is blackiſh without, and ſomewhat whitiſh within; of an auſtere binding taſte, as the former.

Place.] They grow in ſhadowy moiſt woods, and at the foot of hills, but are chiefly nouriſhed up in gardens. The narrow-leafed Biſtort groweth in the north, in Lancaſhire, Yorkſhire, and Cumberland.

Time.] They flower about the end of May, and the ſeed is ripe about the beginning of July.

Government and Virtues.] It belongs to Saturn, and is in operation cold and dry; both the leaves and roots have a powerful faculty to reſiſt all poiſon. The root in powder taken in drink expelleth the venom of the plague, the ſmall-pox, meaſles, purples, or any other infectious diſeaſe, driving it out by ſweating. The root in powder, the decoction thereof in wine being drank, ſtayeth all manner of inward bleeding, or ſpitting of blood, and any fluxes in the body of either man or woman, or vomiting. It is alſo very available againſt ruptures, or burſtings, or all bruiſes, or falls, diſſolving the congealed blood, and eaſeth the pains that happen thereupon; it alſo helpeth the jaundice.

The water diſtilled from both leaves and roots, is a ſingular remedy to waſh any place bitten or ſtung by any venomous creature; as alſo for any of the purpoſes before ſpoken of, and is very good to waſh any running ſores or ulcers. The decoction of the root in wine being drank hindereth abortion or miſcarriage in child-bearing. The leaves alſo kill the worms in children, and is a great help to them that cannot keep their water; if the juice of plaintain be added thereto, and outwardly applied, much helpeth the gonorrhea, or running of the reins. A dram of the powder of the root taken in water thereof, wherein ſome red hot iron or ſteel hath been quenched, is alſo an admirable help thereto, ſo as the body be firſt prepared and purged from the offenſive humours. The leaves, ſeed, or roots, are all very good in decoctions, drinks, or lotions, for inward or outward wounds, or other ſores. Alſo the powder ſtrewed upon any cut or wound in a vein, ſtayeth the immoderate bleeding thereof. The decoction of the root in water, whereunto ſome pomegranate-peels and flowers are added, injected into the matrix, ſtayeth the immoderate flux of the courſes. The root thereof with pellitory of Spain, and burnt allum, of each a little quantity, beaten ſmall and made into paſte, with ſome honey, and a little piece thereof put into

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to an hollow tooth, or held between the teeth, if there be no hollowneſs in them, ſtayeth the defluxion of rheum upon them, which cauſeth pains, and helps to cleanſe the head, and void much offenſive water. The diſtilled water is very effectual to waſh ſores and cankers in the noſe, or any other part, if the powder of the root be applied thereunto afterwards. It is good alſo to faſten the gums, and to take away the heat and inflammations that happen in the jaws, almonds of the throat, or mouth, if the decoction of the leaves, roots, or ſeeds bruiſed, or the juice of them be applied; but the roots are moſt effectual to the purpoſes aforeſaid.

One-Blade.

Deſcript.] THIS ſmall plant never beareth more than one leaf, but only when it riſeth up with its ſtalk, which thereon beareth another, and ſeldom more, which are of a bluiſh green colour, broad at the bottom, and pointed with ribs or veins like plantain; at the top of the ſtalk grows many ſmall flowers ſtar-faſhion, ſmelling ſomewhat ſweet; after which cometh ſmall reddiſh berries when they are ripe. The root ſmall, of the bigneſs of a ruſh, lying and creeping under the upper cruſt of the earth, ſhooting forth in divers places.

Place.] It grows in moiſt, ſhadowy graſſy places of woods, in many places of this realm.

Time.] It flowereth about May, and the berries are ripe in June, and then quickly periſheth, until the next year, and it ſpringeth from the ſame again.

Government and Virtues.] It is an herb of the Sun, and therefore cordial; half a dram, or a dram at moſt, of the roots hereof in powder, taken in wine and vinegar, of each a like quantity, and the party preſently laid to ſweat, is held to be a ſovereign remedy for thoſe that are infected with the plague, and have a ſore upon them, by expelling the poiſon, and defending the heart and ſpirits from danger. It is alſo accounted a ſingular good wound herb, and therefore uſed with other herbs in making ſuch balms as are neceſſary for curing wounds, either green or old, and eſpecially if the nerves be hurt.

The Bramble, or Black-berry Buſh.

IT is ſo well known that it needeth no deſcription. The virtues thereof are as follow:

Government and Virtues.] It is a plant of Venus in Aries. You ſhall have ſome directions at the latter end of the book for the gathering of all herbs and plants, &c. If any aſk the reaſon why Venus is ſo prickly? Tell them 'tis becauſe ſhe is in the houſe of Mars. The buds, leaves, and branches, while they are green, are of good uſe in the ulcers and putrid ſores of the mouth and throat, and of the quinſy, and likewiſe to heal other freſh wounds and ſores; but the flowers and fruits unripe are very binding, and ſo profitable for the bloody flux, laſks, and are a fit remedy for ſpitting of blood. Either the decoction or powder of the root being taken, is good to break or drive forth gravel and the ſtone in the reins and kidnies. The leaves and brambles, as well green as dry, are excellent good lotions for ſores in the mouth, or ſecret parts. The decoction of them, and of the dried branches, do much bind the belly, and are good for too much flowing of women's courſes; the berries of the flowers are a powerful remedy againſt the poiſon of the moſt venomous ſerpents; as well drank as outwardly applied, helpeth the ſores of the ſundament, and the piles; the juice of the berries mixed with the juice of mulberries, do bind more effectually, and help all fretting and eating ſores and ulcers whatſoever. The diſtilled water of the branches, leaves, and flowers, or of the fruit, is very pleaſant in taſte, and very effectual in fevers, and hot diſtempers of the body, head, eyes, and other parts, and for the purpoſes aforeſaid. The leaves boiled in lye, and the head waſhed therewith, healeth the itch, and the running ſores thereof, and maketh the hair black. The powder of the leaves ſtrewed on cankers and running ulcers, wonderfully helps to heal them. Some uſe to condenſate the juice of the leaves, and ſome the juice of the berries, to keep for their uſe all the year, for the purpoſes aforeſaid.

Blites.

Deſcript.] OF theſe there are two ſorts commonly known, viz. White and red. The White hath leaves ſomewhat like unto beets, but ſmaller, rounder, and of a whitiſh green colour, every one ſtanding upon a ſmall long foot-ſtalk; the ſtalk riſes up two or three feet high, with ſuch like leaves thereon; the flowers grow at the top in long round tufts or cluſters, where-

in are contained ſmall and round ſeeds; the root is very full of threads or ſtrings.

The red Blite is in all things like the white, but that his leaves and tufted heads are exceeding red at firſt, and after turn more purpliſh.

There are other kinds of Blites which grow, differing from the two former ſorts but little, but only the wild are ſmaller in every part.

Place.] They grow in gardens, and wild in many places in this land.

Time.] They ſeed in Auguſt and September.

Government and Virtues] They are all of them cooling, drying and binding, ſerving to reſtrain the fluxes of blood in either man or woman, eſpecially the red; which alſo ſtayeth the overflowing of the women's reds, as the white Blites ſtayeth the whites in women. It is an excellent ſecret, you cannot well fail in the uſe; they are all under the dominion of Venus.

There is another ſort of wild Blites like the other wild kinds, but have long and ſpiky heads of greeniſh ſeeds, ſeeming by the thick ſetting together to be all ſeed.

This ſort the fiſhers are delighted with, and it is a good and uſual bait, for fiſhes will bite faſt enough at them, if you have but wit enough to catch them when they bite.

Borage and Bugloſs.

THESE are ſo well known to the inhabitants in every garden, that I hold it needleſs to deſcribe them.

To theſe I may add a third ſort, which is not ſo common, nor yet ſo well known, and therefore I ſhall give you its name and deſcription.

It is called *Langue de Beuf;* but why then ſhould they call one herb by the name Bugloſs, and another by the name *Langue de Beuf?* It is ſome queſtion to me, ſeeing one ſignifies Ox-tongue in Greek, and the other ſignifies the ſame in French.

Deſcript.] The leaves whereof are ſmaller than thoſe of Bugloſs, but much rougher; the ſtalks ariſeth up about a foot and a half high, and is moſt commonly of a red colour; the flowers ſtand in ſcaly rough heads, being compoſed of many ſmall yellow flowers, not much unlike to thoſe of Dandelions, and the ſeed flieth away in down,

as that doth; you may eaſily know the flowers by their taſte, for they are very bitter.

Place.] It groweth wild in many places of this land, and may be plentifully found near London, as between Rotherhith and Deptford, by the ditchſide. Its virtues are held to be the ſame with Borage and Bugloſs, only this is ſomewhat hotter.

Time.] They flower in June and July, and the ſeed is ripe ſhortly after.

Government and Virtues.] They are all three herbs of Jupiter, and under Leo, all great cordials, and great ſtrengtheners of nature. The leaves and roots are to very good purpoſe uſed in putrid and peſtilential fevers, to defend the heart, and help to reſiſt and expel the poiſon, or the venom of other creatures; the ſeed is of the like effects; and the ſeed and leaves are good to increaſe milk in women's breaſts; the leaves, flowers, and ſeed, all or any of them, are good to expel penſiveneſs and melancholy; it helpeth to clarify the blood, and mitigate heat in fevers. The juice made into a ſyrup, prevaileth much to all the purpoſes aforeſaid, and is put with other cooling, opening, and cleanſing herbs to open obſtructions, and help the yellow jaundice, and mixed with fumitory, to cool, cleanſe, and temper the blood thereby; it helpeth the itch, ringworms, and tetters, or other ſpreading ſcabs or ſores. The flowers candied or made into a conſerve, are helpful in the former caſes, but are chiefly uſed as a cordial, and are good for thoſe that are weak in long ſickneſs, and to comfort the heart and ſpirits of thoſe that are in a conſumption, or troubled with often ſwoonings, or paſſions of the heart. The diſtilled water is no leſs effectual to all the purpoſes aforeſaid, and helpeth the redneſs and inflammations of the eyes, being waſhed therewith; the dried herb is never uſed, but the green; yet the aſhes thereof, boiled in mead, or honied water, is available againſt the inflammations and ulcers in the mouth or throat to gargle it therewith; the roots of Bugloſs are effectual, being made into a licking electuary for the cough, and to condenſate thick phlegm, and the rheumatic diſtillations upon the lungs.

Blue-Bottle.

IT is called Syanus, I ſuppoſe from the colour of it; Hurtſickle, becauſe it turns the edge of the ſickles that reap the corn; Blue-blow, Corn-flower, and Blue-bottle.

Deſcript.]

Deſcript.] I ſhall only deſcribe that which is commoneſt, and in my opinion moſt uſeful; its leaves ſpread upon the ground, being of a whitiſh green colour, ſomewhat on the edges like thoſe of Cornſcabions, amongſt which ariſeth up a ſtalk divided into divers branches, beſet with long leaves of greeniſh colour, either but very little indented or not at all; the flowers are of a blue colour, from whence it took its name, conſiſting of an innumerable company of ſmall flowers ſet in a ſcaly head, not much unlike thoſe of knapweed; the ſeed is ſmooth, bright and ſhining, wrapped up in a wooly mantle; the root periſheth every year.

Place.] They grow in corn-fields, amongſt all ſorts of corn (peas, beans, and tares excepted). If you pleaſe to take them up from thence, and tranſplant them in your garden, eſpecially towards the full of the moon, they will grow more double than they are, and many times change colour.

Time.] They flower from the beginning of May to the end of harveſt.

Government and Virtues.] As they are naturally cold, dry, and binding, ſo they are under the dominion of Saturn. The powder or dried leaves of the Blue-bottle, or Corn-flower, is given with good ſucceſs to thoſe that are bruiſed by a fall, or have broken a vein inwardly, and void much blood at the mouth; being taken in the water of plantain, horſetail, or the greater comfrey, it is a remedy againſt the poiſon of the ſcorpion, and reſiſteth all venoms and poiſon. The ſeed or leaves taken in wine, is very good againſt the plague, and all infectious diſeaſes, and is very good in peſtilential fevers; the juice put into freſh or green wounds, doth quickly ſolder up the lips of them together, and is very effectual to heal all ulcers and ſores in the mouth; the juice dropped into the eyes takes away the heat and inflammation of them; the diſtilled water of this herb hath the ſame properties, and may be uſed for the effects aforeſaid.

Brank Urſine.

BESIDE the common name Brank Urſine, it is alſo called Bears-breech, and Acanthus, tho' I think our Engliſh names to be more proper; for the Greek word Acanthus, ſignifies any thiſtle whatſoever.

Deſcript.] This thiſtle ſhooteth forth very many large,

thick, ſad green ſmooth leaves upon the ground, with a very thick and juicy middle rib; the leaves are parted with ſundry deep gaſhes on the edges; the leaves remain a long time before any ſtalk appears, afterwards riſeth up a reaſonable big ſtalk, three or four feet high, and bravely decked with flowers, from the middle of the ſtalk upwards; for on the lower part of the ſtalk there is neither branches nor leaf; the flowers are hooded and gaping, being white in colour, and ſtanding in browniſh huſks, with a long ſmall undivided leaf under each leaf; they ſeldom ſeed in our country. Its roots are many, great and thick, blackiſh without, and whitiſh within, full of clammy ſap; a piece of them, if you ſet in the garden, and defend it from the firſt Winter cold, will grow and flouriſh.

Place.] They are only nurſed in the gardens in England, where they will grow very well.

Time.] It flowereth in June and July.

Government and Vertues.] It is an excellent plant under the dominion of the Moon. I could wiſh ſuch as are ſtudious would labour to keep it in the gardens; the leaves being boiled and uſed in cliſters, are excellent good to mollify the belly, and make the paſſage ſlippery; the decoction drank inwardly, is excellent and good for the bloody flux; the leaves being bruiſed, or rather boiled, and applied like a poultice, are very good to unite broken bones, and ſtrengthen joints that have been put out; the decoction of either leaves or roots being drank, and the decoction of leaves applied to the place, is excellent good for the king's evil that is broken and runneth; for by the influence of the Moon, it reviveth the ends of the veins which are relaxed; there is ſcarce a better remedy to be applied to ſuch places as are burnt with fire than this is, for it fetches out the fire, and heals it without a ſcar; this is an excellent remedy for ſuch as are burſten, being either taken inwardly, or applied to the place; in like manner uſed it helps the cramp and the gout; it is excellent good in hectic fevers, and reſtores radical moiſture to ſuch as are in conſumptions.

Briony, or Wild Vine.

IT is called Wild, and Wood Vine, Tamus or Ladies Seal. The white is called White Vine by ſome, and the black, Black Vine.

Deſcript.]

Deſcript.] The common White Briony groweth ramping upon the hedges, ſending forth many long, rough, very tender branches at the beginning, with many very rough and broad leaves thereon, cut (for the moſt part) into five partitions, in form very like a vine leaf, but ſmaller, rough, and of a whitiſh hoary green colour, ſpreading very far, ſpreading and twining with his ſmall claſpers (that come forth at the joints with the leaves) very far on whatſoever ſtandeth next to it. At the ſeveral joints alſo (eſpecially towards the top of the branches) cometh forth a long ſtalk, bearing many whitiſh flowers together on a long tuft, conſiſting of five ſmall leaves a-piece, laid open like a ſtar, after which come the berries ſeparated one from another, more than a cluſter of grapes, green at the firſt, and very red when they are thorough ripe, of no good ſcent, but of a moſt loathſome taſte, provoking vomit. The root groweth to be exceeding great, with many long twines or branches going from it, of a pale whitiſh colour on the outſide, and more white within, and of a ſharp, bitter, loathſome taſte.

Place.] It groweth on banks, or under hedges, through this land; the roots lie very deep.

Time.] It flowereth in July and Auguſt, ſome earlier, and ſome later than the other.

Government and Virtues.] They are furious martial plants. The root of Briony purges the belly with great violence, troubling the ſtomach, and burning the liver, and therefore not raſhly to be taken; but being corrected, is very profitable for the diſeaſes of the head, as falling ſickneſs, giddineſs and ſwimmings, by drawing away much phlegm and rheumatic humours that oppreſs the head, as alſo the joints and ſinews, and is therefore good for palſies, convulſions, cramps, and ſtitches in the ſides, and the dropſy, and in provoking urine; it cleanſeth the reins and kidnies from gravel and ſtone, by opening the obſtruction of the ſpleen, and conſumeth the hardneſs and ſwelling thereof. The decoction of the root in wine, drank once a week at going to bed, cleanſeth the mother, and helpeth the riſing thereof, expelleth the dead child; a dram of the root in powder taken in white wine, bringeth down their courſes. An electuary made of the roots and honey, doth mightily cleanſe the cheſt of rotten phlegm, and wonderfully helps any old ſtrong cough, to thoſe that are troubled with

with ſhortneſs of breath, and is very good for them that are bruiſed inwardly, to help to expel the clotted or congealed blood. The leaves, fruit and root, do cleanſe old and filthy ſores, are good againſt all fretting and running cankers, gangrenes, and tetters, and therefore the berries are by ſome country-people called tetter-berries. The root cleanſeth the ſkin wonderfully from all black and blue ſpots, freckles, morphew, leproſy, foul ſcars, or other deformity whatſoever; alſo all running ſcabs and mangineſs are healed by the powder of the dried root, or the juice thereof, but eſpecially by the fine white hardened juice. The diſtilled water of the root worketh the ſame effects, but more weakly; the root bruiſed and applied of itſelf to any place where the bones are broken, helpeth to draw them forth, as alſo ſplinters and thorns in the fleſh; and being applied with a little wine mixed therewith, it breaketh boils, and helpeth whitlows on the joints.—For all theſe latter, beginning at ſores, cancers, &c. apply it outwardly, and take my advice in my tranſlation of the London Diſpenſatory, among the preparations at the latter end, where you have a medicine called *Fæcula Brionia*, which take and uſe, mixing it with a little hog's greaſe, or other convenient ointment.

As for the former diſeaſes, where it muſt be taken inwardly, it purgeth very violently, and needs an abler hand to correct it than moſt country people have; therefore, it is a better way for them, in my opinion, to let the ſimple alone, and take the compound water of it mentioned in my Diſpenſatory, and that is far more ſafe, being wiſely corrected.

Brook Lime, or Water Pimpernel.

Deſcript.] THIS ſendeth forth from a creeping root that ſhooteth forth ſtrings at every joint, as it runneth, divers and ſundry green ſtalks, round and ſappy, with ſome branches on them, ſomewhat broad, round, deep green and thick leaves, ſet by couples thereon; from the bottom whereof ſhoot forth long footſtalks, with ſundry ſmall blue flowers on them, that conſiſt of five ſmall round pointed leaves a-piece.

There is another ſort nothing differing from the former, but that it is greater, and the flowers of a paler green colour.

Place.]

Place.] They grow in ſmall ſtanding waters, and uſually near water-creſſes.

Time.] And flowers in June and July, giving ſeed the next month after.

Government and Virtues.] It is a hot and biting martial plant. Brook-lime and water-creſſes are generally uſed together in diet-drink, with other things ſerving to purge the blood and body from all ill humours that would deſtroy health, and are helpful to the ſcurvy. They do all provoke urine, and help to break the ſtone, and paſs it away; they procure women's courſes, and expel the dead child. Being fried with butter and vinegar, and applied warm, it helpeth all manner of tumours, ſwellings, and inflammations.

Such drinks ought to be made of ſundry herbs, according to the malady. I ſhall give a plain and eaſy rule at the latter end of this book.

Butchers Broom.

IT is called Ruſcus, and Bruſcus, Kneeholm, Kneeholy, Kneehulver, and Pettigree.

Deſcript.] The firſt ſhoots that ſprout from the root of Butchers Broom, are thick, whitiſh, and ſhort, ſomewhat like thoſe of aſparagus, but greater, they riſing up to be a foot and a half high, are ſpread into divers branches, green, and ſomewhat creſſed with the roundneſs, tough and flexible, whereon are ſet ſomewhat broad and almoſt round hard leaves, and prickly, pointed at the end, of a dark green colour, two for the moſt part ſet at a place, very cloſe and near together; about the middle of the leaf, on the back and lower ſide from the middle rib, breaketh forth a ſmall whitiſh green flower, conſiſting of four ſmall round pointed leaves, ſtanding upon little or no footſtalk, and in the place whereof cometh a ſmall round berry, green at the firſt, and red when it is ripe, wherein are two or three white, hard, round ſeeds contained. The root is thick, white, and great at the head, and from thence ſendeth forth divers thick, white, long, tough ſtrings.

Place.] It groweth in copſes, and upon heaths and waſte grounds, and oftentimes under or near the holly buſhes.

Time.] It ſhooteth forth its young buds in the Spring, and the berries are ripe about September, the branches of leaves abiding green all the Winter.

Government and Virtues.] 'Tis a plant of Mars, being of a gallant

a gallant cleanſing and opening quality. The decoction of the root made with wine, openeth obſtructions, provoketh urine, helpeth to expel gravel and the ſtone, the ſtrangury and women's courſes, alſo the yellow jaundice and the head-ach; and with ſome honey or ſugar put thereunto, cleanſeth the breaſt of phlegm, and the cheſt of ſuch clammy humours gathered therein. The decoction of the root drank, and a poultice made of the berries and leaves being applied, are effectual in knitting and conſolidating broken bones or parts out of joint. The common way of uſing it, is to boil the root of it, and parſley and fennel, and ſmallage in white wine, and drink the decoction, adding the like quantity of graſs-root to them; the more of the root you boil, the ſtronger will the decoction be; it works no ill effects, yet I hope you have wit enough to give the ſtrongeſt decoction to the ſtrongeſt bodies.

Broom, and Broom-Rape.

TO ſpend time in writing a deſcription hereof is altogether needleſs, it being ſo generally uſed by all the good houſewives almoſt through this land, to ſweep their houſes with, and therefore very well known to all ſorts of people.

The Broom-rape ſpringeth up on many places from the roots of the broom (but more often in fields, as by hedge-ſides and on heaths). The ſtalk whereof is of the bigneſs of a finger or thumb, above two feet high, having a ſhew of leaves on them, and many flowers at the top, of a reddiſh yellow colour, as alſo the ſtalks and leaves are.

Place.] They grow in many places of this land commonly, and as commonly ſpoil all the land they grow in.

Time] And flower in the Summer months, and give their ſeed before Winter.

Government and Virtues.] The juice or decoction of the young branches, or ſeed, or the powder of the ſeed taken in drink, purgeth downwards, and draweth phlegmatic and watery humours from the joints, whereby it helpeth the dropſy, gout, ſciatica, and pains of the hips and joints; it alſo provoketh ſtrong vomits, and helpeth the pains of the ſides, and ſwelling of the ſpleen, cleanſeth alſo the reins or kidnies, and bladder of the ſtone, provoketh urine abundantly, and hindereth the growing again of the ſtone in the body. The continual uſe of the

the powder of the leaves and ſeed doth cure the black jaundice. The diſtilled water of the flowers is profitable for all the ſame purpoſes; it alſo helpeth ſurfeits, and altereth the fits of agues, if three or four ounces thereof, with as much of the water of the leſſer centaury, and a little ſugar put therein, be taken a little before the fit cometh, and the party be laid down to ſweat in his bed. The oil of water that is drawn from the end of the green ſticks heated in the fire, helpeth the tooth-ach. The juice of young branches made into an ointment of old hog's greaſe, and anointed, or the young branches bruiſed and heated in oil or hog's greaſe, and laid to the ſides pained by wind, as in ſtitches, or the ſpleen, eaſeth them in once or twice uſing it. The ſame boiled in oil is the ſafeſt and ſureſt medicine to kill lice in the head or body, if any; and is an eſpecial remedy for joint aches, and ſwollen knees, that come by the falling down of humours.

The *Broom rape* alſo is not without its virtues.

The decoction thereof in wine is thought to be as effectual to void the ſtone in the kidnies and bladder, and to provoke urine, as the Broom itſelf. The juice thereof is a ſingular good help to cure as well green wounds, as old and filthy ſores and malignant ulcers. The inſolate oil, wherein there hath been three or four repetitions of infuſion of the top ſtalks, with flowers ſtrained and cleared, cleanſeth the ſkin from all manner of ſpots, marks, and freckles, that riſe either by the heat of the ſun, or the malignity of humours. As for the Broom and Broom-rape, Mars owns them, and is exceedingly prejudicial to the liver; I ſuppoſe by reaſon of the antipathy between Jupiter and Mars, therefore if the liver be diſaffected, miniſter none of it.

Buck's-Horn Plantain.

Deſcript.] THIS being ſown of ſeed, riſeth up at firſt with ſmall, long, narrow, hairy, dark green leaves, like graſs, without any diviſion or gaſh in them, but thoſe that follow are gaſhed in on both ſides the leaves into three or four gaſhes, and pointed at the ends, reſembling the knags of a buck's horn, (whereof it took its name) and being well ground round about the root upon the ground, or order one by another, thereby reſembling the form of a ſtar, from among which riſe up divers hairy ſtalks, about a hand's breadth high, bearing

bearing every one a ſmall, long, ſpiky head, like to thoſe of the common Plantain, having ſuch like bloomings and ſeed after them. The root is ſingle, long and ſmall, with divers ſtrings at it.

Place.] They grow in ſandy grounds, as in Tothil-fields, by Weſtminſter, and divers other places of this land.

Time.] They flower and ſeed in May, June, and July, and their green leaves do in a manner abide freſh all the Winter.

Government and Virtues.] It is under the dominion of Saturn, and is of a gallant, drying, and binding quality. This boiled in wine and drank, and ſome of the leaves put to the hurt place, is an excellent remedy for the biting of the viper or adder, which I take to be one and the ſame. The ſame being alſo drank, helpeth thoſe that are troubled with the ſtone in the reins or kidnies, by cooling the heat of the part afflicted, and ſtrengthening them; alſo weak ſtomachs that cannot retain, but caſt up their meat. It ſtayeth all bleeding, both at mouth and noſe, bloody urine, or the bloody-flux, and ſtoppeth the laſk of the belly and bowels. The leaves hereof bruiſed and laid to their ſides that have an ague, ſuddenly eaſeth the fit; and the leaves and roots being beaten with ſome bay ſalt, and applied to the wriſts, worketh the ſame effects. The herb boiled in ale or wine, and given for ſome mornings and evenings together, ſtayeth the diſtillation of hot and ſharp rheums falling into the eyes from the head, and helpeth all ſorts of ſore eyes.

Bucks Horn.

IT is called Harts-horn, Herba-ſtella, and Herba-ſtellaria, Sanguinaria, Herb-eve, Herb-ivy, Wort-treſſes, and Swine-creſſes.

Deſcript.] They have many ſmall and weak ſtraggling branches trailing here and there upon the ground; the leaves are many, ſmall and jagged, not much unlike to thoſe of Bucks-horn Plantain, but much ſmaller, and not ſo hairy; the flowers grow among the leaves in ſmall, rough, whitiſh cluſters; the ſeeds are ſmaller and browniſh, of a bitter taſte.

Place.] They grow in dry, barren, ſandy grounds.

Time.] They flower and ſeed when the reſt of the plantains do.

Government and Virtues.] This is alſo under the dominion of Saturn; the virtues are held to be the ſame as Bucks-

Bucks-horn Plantain, and therefore by all authors it is joined with it; the leaves bruiſed and applied to the place, ſtops bleeding; the herb bruiſed and applied to warts, will make them conſume and waſte away in a ſhort time.

Bugle.

BESIDES the name Bugle, 'tis called Middle Conſound and Middle Comfrey, Brown Bugle, and of ſome Sicklewort, and Herb-Carpenter; though in Eſſex we call another herb by that name.

Deſcript.] This hath larger leaves than thoſe of the Self-heal, but elſe of the ſame faſhion, or rather longer, in ſome green on the upper ſide, and in others more browniſh, dented about the edges, ſomewhat hairy, as the ſquare ſtalk is alſo, which riſeth up to be half a yard high ſometimes, with the leaves ſet by couples, from the middle almoſt, whereof upwards ſtand the flowers, together with many ſmaller and browner leaves than the reſt, on the ſtalk below ſet at diſtance, and the ſtalk bare betwixt them; among which flowers are alſo ſmall ones of a bluiſh and ſometimes of an aſh colour, faſhioned like the flowers of ground-ivy, after which come ſmall, round, blackiſh ſeeds; the root is compoſed of many ſtrings, and ſpreadeth upon the ground.

The white flowered Bugle differeth not in form or greatneſs from the former, ſaving that the leaves and ſtalks are always green, and never brown, like the other, and the flowers thereof are white.

Place.] They grow in woods, copſes, and fields, generally throughout England, but the white flowered Bugle is not ſo plentiful as the former.

Time.] They flower from May until July, and in the mean time perfect their ſeed; the roots and leaves next thereunto upon the ground abiding all the Winter.

Government and Virtues.] This herb belongeth to Dame Venus; if the virtues of it make you fall in love with it (as they will if you be wiſe) keep a ſyrup of it to take inwardly, and an ointment and plaiſter of it to uſe outwardly, always by you.

The decoction of the leaves and flowers made in wine, and taken, diſſolveth the congealed blood in thoſe that are bruiſed inwardly by a fall, or otherwiſe, and is very effectual for any inward wounds, thruſts or ſtabs in the body or bowels; and is an eſpecial help in all wound-drinks, and for thoſe that are liver-grown (as they call it).

It

It is wonderful in curing all manner of ulcers and ſores, whether new and freſh, or old and inveterate; yea, gangrenes and fiſtulas alſo, if the leaves bruiſed and applied, or their juice be uſed to waſh and bathe the place, and the ſame made into a lotion, and ſome honey and allum, cureth all ſores in the mouth and gums, be they ever ſo foul, or of long continuance; and worketh no leſs powerfully and effectually for ſuch ulcers and ſores as happen in the ſecret parts of men and women. Being alſo taken inwardly, or outwardly applied, it helpeth thoſe that have broken any bone, or have any member out of joint. An ointment made with the leaves of Bugle, Scabions and Sanicle bruiſed and boiled in hog's greaſe, until the herbs be dry, and then ſtrained forth into a pot for ſuch occaſions as ſhall require; it is ſo ſingular good for all ſorts of hurts in the body, that none that know its uſefulneſs will be without it.

The truth is, I have known this herb cure ſome diſeaſes of Saturn, of which I thought good to quote one. Many times ſuch as give themſelves much to drinking are troubled with ſtrange fancies, ſtrange ſights in the night time, and ſome with voices, as alſo with the diſeaſe ephialtes, or the mare. I take the reaſon of this to be (according to Fernelius) a melancholy vapour made thin by exceſſive drinking ſtrong liquor, and ſo flies up and diſturbs the fancy, and breeds imaginations like itſelf, viz. fearful and troubleſome; theſe I have known cured by taking only two ſpoonfuls of the ſyrup of this herb, after ſupper two hours, when you go to bed. But whether this does it by ſympathy or antipathy, is ſome doubt in aſtrology. I know there is a great antipathy between Saturn and Venus in matter of procreation; yea, ſuch a one, that the barrenneſs of Saturn can be removed by none but Venus; nor the luſt of Venus be repelled by none but Saturn; but I am not of opinion this is done this way, and my reaſon is, becauſe theſe vapours, though in quality melancholy, yet by their flying upward, ſeem to be ſomething aerial; therefore I rather think it is done by ſympathy; Saturn being exalted in Libra, in the houſe of Venus.

Burnet.

IT is called Sangu'ſorbia, Pimpinel'a, Bipula Solbegrella, &c. The common garden Burnet is ſo well known, that

that it needeth no deſcription.—There is another ſort which is wild, the deſcription whereof take as followeth.

Deſcript.] The great wild Burnet hath winged leaves riſing from the roots like the garden Burnet, but not ſo many; yet each of theſe leaves are at the leaſt twice as large as the other, and nicked in the ſame manner about the edges, of a greyiſh colour on the under ſide; the ſtalks are greater, and riſe higher, with many ſuch like leaves ſet thereon, and greater heads at the top, of a browniſh colour, and out of them come ſmall dark purple flowers like the former, but greater. The root is black and long like the other, but great alſo. It hath almoſt neither ſcent nor taſte therein, like the garden kind.

Place.] The firſt grows frequently in gardens. The wild kind groweth in divers counties of this iſland, eſpecially in Huntingdon and Northamptonſhires, in the meadows there; as alſo near London, by Pancras church, and by a cauſey-ſide in the middle of a field by Paddington.

Time.] They flower about the end of June, and beginning of July, and their ſeed is ripe in Auguſt.

Government and Virtues.] This is an herb the Sun challengeth dominion over, and is a moſt precious herb, little inferior to Betony; the continual uſe of it preſerves the body in health, and the ſpirit in vigour; for if the ſun be the preſerver of life under God, his herbs are the beſt in the world to do it. They are accounted to be both of one property, but the leſſer is more effectual, becauſe quicker and more aromatical. It is a friend to the heart, liver, and other principal parts of a man's body. Two or three of the ſtalks, with leaves put into a cup of wine, eſpecially claret, are known to quicken the ſpirits, refreſh and clear the heart, and drive away melancholy. It is a ſpecial help to defend the heart from noiſome vapours, and from infection of the peſtilence, the juice thereof being taken in ſome drink, and the party laid to ſweat thereupon. They have alſo a drying and aſtringent quality, whereby they are available in all manner of fluxes of blood or humours, to ſtaunch bleedings inward or outward, laſks, ſcourgings, the bloody-flux, women's too abundant flux of courſes, the whites, and the choleric belchings and caſtings of the ſtomach, and is a ſingular wound herb for all ſorts of wounds, both of the head and body, either inward or outward;

outward; for all old ulcers, running cankers, and moſt ſores, to be uſed either by the juice or decoction of the herb, or by the powder of the herb or root, or the water of the diſtilled herb or ointment by itſelf, or with other things to be kept; the ſeed is alſo no leſs effectual both to fluxes, and dry up moiſt ſores, being taken in powder inwardly in wine, or ſteeled water, that is, wherein hot gads of ſteel have been quenched; or the powder, or the ſeed mixed with the ointments.

The Butter-Bur, or Petaſitis.

Deſcript.] THIS riſeth up in February, with a thick ſtalk about a foot high, whereon are ſet a few ſmall leaves or rather pieces, and at the tops a long ſpike head; flowers of a bluſh or deep red colour, according to the ſoil where it groweth, and before the ſtalk with the flowers have abiden a month above ground, it will be withered and gone, and blown away with the wind, and the leaves will begin to ſpring, which being full grown, are very large and broad, being ſomewhat thin and almoſt round, whoſe thick red four-ſtalks above a foot long ſtand towards the middle of the leaves; the lower part being divided into two round parts, cloſe almoſt one to another, and are of a pale green colour, and hairy underneath; the root is long, and ſpreadeth under ground, being in ſome places no bigger than one's finger, in others much bigger, blackiſh on the outſide, and whitiſh within, of a bitter and unpleaſant taſte.

Place and Time.] They grow in low and wet grounds by rivers and water-ſides; their flower (as is ſaid) riſing and decaying in February and March, before the leaves, which appear in April.

Government and Virtues.] It is under the dominion of the Sun, and therefore is a great ſtrengthener of the heart, and chearer of the vital ſpirits; the roots thereof are by long experience found to be very available againſt the plague and peſtilential fevers, by provoking ſweat; if the powder thereof be taken in wine, it alſo reſiſteth the force of any other poiſon; the root hereof taken with zedoary and angelica, or without them, helps the riſing of the mother; the decoction of the root in wine, is ſingular good for thoſe that wheeſe much, or are ſhort winded. It provoketh urine alſo, and women's courſes, and killeth the flat and broad worms in the belly. The powder

powder of the root doth wonderfully help to dry up the moiſture of the ſores that are hard to be cured, and taketh away all ſpots and blemiſhes of the ſkin. It were well if gentlewomen would keep this root preſerved, to help their poor neighbours. *It is fit the rich ſhould help the poor, for the poor cannot help themſelves.*

The Burdock.

THEY are alſo called Perſonata, and Loppy-major, great Burdock and Clod-dy : it is ſo well known, even by the little boys, who pull off the burs to throw and ſtick upon one another, that I ſhall ſpare to write any deſcription of it.

Place.] They grow plentifully by ditches and water-ſides, and by the highways almoſt every where through this land.

Government and Virtues.] Venus challengeth this herb for her own, and by its leaf and ſeed you may draw the womb which way you pleaſe, either upwards, by applying it to the crown of the head, in caſe it falls out; or downwards, in fits of the mother, by applying it to the ſoles of the feet; or if you would ſtay it in its place, apply it to the navel, and that is one good way to ſtay the child in it. (See more of it in my *Guide for Women.*) The Burdock leaves are cooling, moderately drying, and diſcuſſing withal, whereby it is good for old ulcers and ſores. A dram of the roots taken with pine-kernels, helpeth them that ſpit foul, mattery, and bloody phlegm. The leaves applied to the places troubled with the ſhrinking of the ſinews or arteries, give much eaſe. The juice of the leaves, or rather the roots themſelves, given to drink with old wine, doth wonderfully help the biting of any ſerpents; and the root beaten with a little ſalt, and laid on the place, ſuddenly eaſeth the pain thereof, and helpeth thoſe that are bit by a mad dog. The juice of the leaves being drank with honey, provoketh urine, and remedieth the pain of the bladder. The ſeed being drank in wine forty days together, doth wonderfully help the ſciatica. The leaves bruiſed with the white of an egg, and applied to any place burnt with fire, taketh out the fire, gives ſudden eaſe, and heals it up afterwards. The decoction of them fomented on any fretting ſore or canker, ſtayeth the corroding quality, which muſt be afterwards anointed with an ointment made of the ſame liquor, hogs-greaſe, nitre and

and vinegar boiled together. The roots may be preſerved with ſugar, and taken faſting, or at other times, for the ſame purpoſes, and for conſumptions, the ſtone, and the laſk. The ſeed is much commended to break the ſtone, and cauſe it to be expelled by urine, and is often uſed with other ſeeds and things to that purpoſe.

Cabbages and Coleworts.

I SHALL ſpare a labour in writing a deſcription of theſe, ſince almoſt every one that can but write at all, may deſcribe them from his own knowledge, they being generally ſo well known, that deſcriptions are altogether needleſs.

Place.] They are generally planted in gardens.

Time.] Their flower time is towards the middle or end of July, and the ſeed is ripe in Auguſt.

Government and Virtues.] The Cabbages or Coleworts boiled gently in broth, and eaten, do open the body, but the ſecond decoction doth bind the body. The juice thereof drank in wine, helpeth thoſe that are bitten by an adder, and the decoction of the flowers bringeth down women's courſes; being taken with honey, it recovereth hoarſeneſs, or loſs of the voice. The often eating of them well boiled, helpeth thoſe that are entering into a conſumption. The pulp of the middle ribs of Coleworts boiled in almond milk, and made up into an electuary with honey, being taken often, is very profitable for thoſe that are purſy and ſhort-winded. Being boiled twice, an old cock boiled in the broth and drank, it helpeth the pains, and the obſtructions of the liver and ſpleen, and the ſtone in the kidnies. The juice boiled with honey, and dropped into the corners of the eyes, cleareth the ſight, by conſuming any film or cloud beginning to dim it; it alſo conſumeth the canker growing therein. They are much commended, being eaten before meat to keep one from ſurfeiting, as alſo from being drunk with too much wine, or quickly make a man ſober again that is drunk before. For (as they ſay) there is ſuch an antipathy or enmity between the Vine and the Coleworts, that the one will die where the other groweth. The decoction of Coleworts taketh away the pain and ach, and allayeth the ſwellings of ſores and gouty legs and knees, wherein many groſs and watery humours are fallen, the place being bathed therewith warm

warm. It helpeth alſo old and filthy ſores, being bathed therewith, and healeth all ſmall ſcabs, puſhes and wheals, that break out in the ſkin; the aſhes of Colewort ſtalks mixed with old hog's greaſe, are very effectual to anoint the ſides of thoſe that have had long pains therein, or any other place pained with melancholy and windy humours. This was ſurely Chryſippus's God, and therefore he wrote a whole volume of them and their virtues, and that none of the leaſt neither, for he would be no ſmall fool; he appropriates them to every part of the body, and to every diſeaſe in every part; and honeſt old Cato (they ſay) uſed no other phyſic. I know not what metal their bodies were made of; this I am ſure, Cabbages are extreme windy, whether you take them as meat or as medicine; yea, as windy meat as can be eaten, unleſs you eat bag-pipes or bellows, and they are but ſeldom eaten in our days; and Colewort-flowers are ſomething more tolerable, and the wholeſomer food of the two; the moon challengeth the dominion of the herb.

The Sea Coleworts.

Deſcript.] THIS hath divers ſomewhat long and broad, large, and thick wrinkled leaves, ſomewhat crumpled about the edges, and growing each upon a thick footſtalk, very brittle, of a greyiſh green colour, from among which riſeth up a ſtrong thick ſtalk, two feet high, and better, with ſome leaves thereon to the top, where it branches forth much; and on every branch ſtandeth a large buſh of pale whitiſh flowers, conſiſting of four leaves a piece; the root is ſomewhat great, ſhooteth forth many branches under ground, keeping the leaves green all the Winter.

Place.] They grow in many places upon the ſea-coaſts, as well on the Kentiſh as Eſſex ſhores; as at Lid in Kent, Colcheſter in Eſſex, and divers other places, and in other counties of this land.

Time.] They flower and ſeed about the time that other kinds do.

Government and Virtues.] The moon claims the dominion of theſe alſo. The broth, or firſt decoction of the Sea Colewort, doth by the ſharp, nitrous, and bitter qualities therein, open the belly, and purge the body; it cleanſeth and digeſts more powerfully than the other kind; the

ſeed hereof bruiſed and drank killeth worms; the leaves or the juice of them applied to ſores or ulcers, cleanſeth and healeth them, and diſſolveth ſwellings, and taketh away inflammations.

Calamint, or Mountain-Mint.

Deſcript.] THIS is a ſmall herb, ſeldom riſing above a foot high, with ſquare hairy, and woody ſtalks, and two ſmall hoary leaves ſet at a joint, about the bigneſs of marjoram, or not much bigger, a little dented about the edges, and of a very fierce or quick ſcent, as the whole herb is; the flowers ſtand at ſeveral ſpaces of the ſtalks, from the middle almoſt upwards, which are ſmall and gaping like to thoſe of Mints, and of a pale bluiſh colour; after which follow ſmall, round blackiſh ſeed; the root is ſmall and woody, with divers ſmall ſtrings ſpreading within the ground, and dieth not, but abideth many years.

Place.] It groweth on heaths, and uplands, and dry grounds in many places of this land.

Time.] They flower in July, and their ſeed is ripe quickly after.

Government and Virtues.] It is an herb of Mercury, and a ſtrong one too, therefore excellent good in all afflictions of the brain; the decoction of the herb being drank, bringeth down womens courſes, and provoketh urine. It is profitable for thoſe that are burſten, or troubled with convulſions or cramps, with ſhortneſs of breath, or choleric torments and pains in their bellies or ſtomach; it alſo helpeth the yellow jaundice, and ſtayeth vomiting, being taken in wine; taken with ſalt and honey, it killeth all manner of worms in the body. It helpeth ſuch as have the leproſy, either taken inwardly, drinking whey after it, or the green herb outwardly applied. It hindereth conception in women, but either burned or ſtrewed in the chamber, it driveth away venomous ſerpents. It takes away black and blue marks in the face, and maketh black ſcars become well coloured, if the green herb (not the dry) be boiled in wine, and laid to the place, or the place waſhed therewith. Being applied to the huckle-bone, by continuance of time, it ſpends the humours, which cauſe the pain of the ſciatica; the juice being

ing dropped into the ears, killeth the worms in them; the leaves boiled in wine, and drank, provoke ſweat, and open obſtructions of the liver and ſpleen. It helpeth them that have a certain ague (the body being firſt purged) by taking away the cold fits; the decoction hereof, with ſome ſugar put thereto afterwards, is very profitable for thoſe that be troubled with the over-flowing of the gall, and that have an old cough, and that are ſcarce able to breathe by ſhortneſs of their wind, that have any cold diſtemper in their bowels, and are troubled with the hardneſs of the ſpleen, for all which purpoſes both the powder, called Diacaluminthes, and the compound ſyrup of Calamint (which are to be had at the apothecaries) are the moſt effectual. Let not women be too buſy with it, for it works very violent upon the feminine part.

Camomile.

IT is ſo well known every where, that it is but loſt time and labour to deſcribe it; the virtues thereof are as followeth:

A decoction made of Camomile, and drank, taketh away all pains and ſtitches in the ſide; the flowers of Camomile beaten, and made up into balls with Gil, drive away all ſorts of agues, if the part grieved be anointed with that oil, taken from the flowers, from the crown of the head to the ſole of the foot, and afterwards laid to ſweat in bed, and that he ſweats well; this is Necheſſor an Egyptian's medicine. It is profitable for all ſorts of agues that come either from phlegm, or melancholy, or from an inflammation of the bowels, being applied when the humours cauſing them ſhall be concocted; and there is nothing more profitable to the ſides and region of the liver and ſpleen than it; the bathing with a decoction of Camomile taketh away wearineſs, eaſeth pains, to what part of the body ſoever they be applied. It comforteth the ſinews that are over-ſtrained, mollifieth all ſwellings; it moderately comforteth all parts that have need of warmth, digeſteth and diſſolveth whatſoever hath need thereof, by a wonderful ſpeedy property. It eaſeth all the pains of the colic and ſtone, and all pains and torments of the belly, and gently provoketh urine; the flowers boiled in poſſet drink provoke ſweat, and help

to expel all colds, aches and pains whatſoever, and is an excellent help to bring down womens courſes. Syrup made of the juice of Camomile, with the flowers in white wine, is a remedy againſt the jaundice and dropſy; the flowers boiled in lee, are good to waſh the head, and comfort both it and the brain; the oil made of the flowers of Camomile, is much uſed againſt all hard ſwellings, pains or aches, ſhrinking of the ſinews, or cramps, or pains in the joints, or any other part of the body. Being uſed in glyſters, it helps to diſſolve the wind and pains in the belly; anointed alſo, it helpeth ſtitches and pains in the ſides.

Nicheſſor ſaith, the Egyptians dedicated it to the Sun, becauſe it cured agues, and they were like enough to do it, for they were the arranteſt apes in their religion I ever read of. Bachinus, Bena, and Lobel, commend the ſyrup made of the juice of it and ſugar, taken inwardly, to be excellent for the ſpleen. Alſo this is certain, that it moſt wonderfully breaks the ſtone; ſome take it in ſyrup or decoction, others inject the juice of it into a bladder with a ſyringe. My opinion is, that the ſalt of it taken half a dram in the morning in a little white or rheniſh wine is better than either; that it is excellent for the ſtone, appears in this which I have tried, viz. That a ſtone that hath been taken out of the body of a man, being wrapped in Camomile, will in time diſſolve, and in a little time too.

Water Caltrops.

THEY are called alſo Tribulus Aquaticus, Tribulus Lacuſoris, Tribulus Marinus, Caltrops, Saligos, Water Nuts, and Water Cheſnuts.

Deſcript.] As for the greater ſort of Water Caltrop it is not found here, or very rarely; two other ſorts there are, which I ſhall here deſcribe: the firſt hath a long creeping and jointed root, ſending forth tufts at each joint, from which joints ariſe long, flat, ſlender-knotted ſtalks, even to the top of the water, divided towards the top into many branches, each carrying two leaves on both ſides, being about two inches long, and half an inch broad, thin and almoſt tranſparent, they look as tho' they were torn; the flowers are long, thick and whitiſh, ſet together almoſt like a bunch of grapes, which being gone, there ſucceed for the moſt part ſharp-pointed grains altogether, containing a ſmall white kernel in them.

The

The ſecond differs not much from this, ſave that it delights in more clear water; its ſtalks are not flat, but round; its leaves are not ſo long, but more pointed. As for the place we need not determine, for their name ſheweth they grow in the water.

Government and Virtues] They are under the dominion of the Moon, and being made into a poultice, are excellent good for hot inflammations, ſwellings, cankers, ſore mouths and throats, being waſhed with the decoction; it cleanſeth and ſtrengtheneth the neck and throat, and helps thoſe ſwellings which when people have, they ſay the almonds of their ears are fallen down; it is excellent good for the king's evil; they are excellent good for the ſtone and gravel, eſpecially the nuts being dried; they alſo reſiſt poiſon, and bitings of venomous beaſts.

Campion Wild.

Deſcript. THE Wild White Campion hath many long and ſomewhat broad dark green leaves lying upon the ground, and divers ribs therein, ſomewhat like plantain, but ſomewhat hairy; broader, and not ſo long; the hairy ſtalks riſe up in the middle of them three or four feet high, and ſometimes more, with divers great white joints at ſeveral places thereon, and two ſuch like leaves thereat up to the top, ſending forth branches at ſeveral joints alſo; all which bear on ſeveral footſtalks white flowers at the top of them, conſiſting of five broad-pointed leaves, every one cut in on the end unto the middle, making them ſeem to be two a-piece, ſmelling ſomewhat ſweet, and each of them ſtanding in a large green ſtriped hairy huſk, large and round below next to the ſtalk; the ſeed is ſmall and greyiſh in the hard heads that come up afterwards; the root is white and long, ſpreading divers fangs in the ground.

The Red Wild Campion groweth in the ſame manner as the White, but his leaves are not ſo plainly ribbed, ſomewhat ſhorter, rounder, and more wooly in handling. The flowers are of the ſame form and bigneſs; but in ſome of a pale, in others of a bright red colour, cut in at the ends more finely, which makes the leaves look more in number than the other. The ſeeds and the roots are alike, the roots of both ſorts abiding many years.

There are forty-five kinds of Campion more, thoſe of them which are of a phyſical uſe, having the like virtues with thoſe above deſcribed, which I take to be the two chiefeſt kinds.

Place.] They grow commonly through this land by fields and hedge-ſides and ditches.

Time] They flower in Summer, ſome earlier than others, and ſome abiding longer than others.

Government and Virtues.] They belong unto Saturn; and it is found by experience, that the decoction of the herb, either in white or red wine being drank, doth ſtay inward bleedings, and applied outwardly, it doth the like; and being drank, helpeth to expel urine being ſtopped, and gravel and ſtone in the reins or kidnies. Two drams of the ſeed drank in wine, purgeth the body of choleric humours, and helpeth thoſe that are ſtung by ſcorpions, or other venomous beaſts, and may be as effectual for the plague. It is of very good uſe in old ſores, ulcers, cankers, fiſtulas, and the like, to cleanſe and heat them, by conſuming the moiſt humours falling into them, and correcting the putrefaction of humours offending them.

Carduus Benedictus.

IT is called Carduus Benedictus, or Bleſſed Thiſtle, or Holy Thiſtle: I ſuppoſe the name was put upon it by ſome that had little holineſs in themſelves.

I ſhall ſpare a labour in writing a deſcription of this, as almoſt every one that can but write at all, may deſcribe them from his own knowledge.

Time.] They flower in Auguſt, and ſeed not long after.

Government and Virtues.] It is an herb of Mars, and under the ſign Aries. Now, in handling this herb, I ſhall give you a rational pattern of all the reſt; and if you pleaſe to view them throughout the book, you ſhall, to your content, find it true. It helps ſwimmings and giddineſs of the head, or the diſeaſe called Virtigo, becauſe Aries is in the houſe of Mars. It is an excellent remedy againſt the yellow jaundice, and other infirmities of the gall, becauſe Mars governs choler. It ſtrengthens the attractive faculty in ma , and clarifies the blood, becauſe the one is ruled by Mars. The continual drinking the decoction of it, helps red faces, tetters, and ring-worms, becauſe Mars cauſeth them. It helps the plague, ſores, boils, and itch, the bitings of mad dogs

dogs and venomous beaſts; all which infirmities are under Mars: Thus you ſee what it doth by ſympathy.

By antipathy to other planets it cureth the French pox. By antipathy to Venus, who governs it, it ſtrengthens the memory, and cures deafneſs by antipathy to Saturn, who hath his fall in Aries, which rules the head. It cures quartan agues, and other diſeaſes of melancholy, and adult choler, by ſympathy to Saturn, Mars being exalted in Capricorn. Alſo it provokes urine, the ſtopping of which is uſually cauſed by Mars or the Moon.

Carrots.

GArden Carrots are ſo well known, that they need no deſcription; but becauſe they are of leſs phyſical uſe than the wild kind (as indeed almoſt in all herbs the wild are moſt effectual in phyſic, as being more powerful in operations than the garden kind) I ſhall therefore briefly deſcribe the Wild Carrot.

Deſcript.] It groweth in a manner altogether like the tame, but that the leaves and ſtalks are ſomewhat whiter and rougher. The ſtalks bear large tufts of white flowers, with a deep purple ſpot in the middle, which are contracted together when the ſeed begins to ripen, that the middle part being hollow and low, and the outward ſtalk riſing high, maketh the whole umbel ſhew like a bird's neſt. The roots ſmall, long and hard, and unfit for meat, being ſomewhat ſharp and ſtrong.

Place.] The wild kind groweth in divers parts of this land plentifully by the field-ſides, and untilled places.

Time.] They flower and ſeed in the end of Summer.

Government and Virtues.] Wild Carrots belong to Mercury, and therefore break wind, and remove ſtitches in the ſides, provoke urine and womens courſes, and helpeth to break and expel the ſtone; the ſeed alſo of the ſame worketh the like effect, and is good for the dropſy, and thoſe whoſe bellies are ſwollen with wind; helpeth the colic, the ſtone in the kidnies, and riſing of the mother; being taken in wine, or boiled in wine, and taken, it helpeth conception. The leaves being applied with honey to running ſores or ulcers, do cleanſe them.

I ſuppoſe the ſeeds of them perform this better than the roots; and though Galen commended garden Carrots

highly to break wind, yet experience teacheth they breed it firſt, and we may thank nature for expelling it, not they; the ſeeds of them expel wind indeed, and ſo mend what the root marreth.

Carraway.

Deſcript. IT beareth divers ſtalks of fine cut leaves, lying upon the ground, ſomewhat like to the leaves of carrots, but not buſhing ſo thick, of a little quick taſte in them, from among which riſeth up a ſquare ſtalk, not ſo high as the carrot, at whoſe joints are ſet the like leaves, but ſmaller and fitter, and at the top ſmall open tufts, or umbels of white flowers, which turn into ſmall blackiſh ſeed, ſmaller than the Anniſeed, and of a quicker and better taſte. The root is whitiſh, ſmall and long, ſomewhat like unto a parſnip, but with more wrinkled bark, and much leſs, of a little hot and quick taſte, and ſtronger than the parſnip, and abideth after ſeed-time.

Place] It is uſually ſown with us in gardens.

Time.] They flower in June and July, and ſeed quickly after.

Government and Virtues.] This is alſo a Mercurial plant. Carraway ſeed hath a moderate ſharp quality, whereby it breaketh wind, and provoketh urine, which alſo the herb doth. The root is better food than the parſnips; it is pleaſant and comfortable to the ſtomach, and helpeth digeſtion. The ſeed is conducing to all cold griefs of the head and ſtomach, bowels, or mother, as alſo the wind in them, and helpeth to ſharpen the eye-ſight. The powder of the ſeed put into a poultice, taketh away black and blue ſpots of blows and bruiſes. The herb itſelf, or with ſome of the ſeed bruiſed and fried, laid hot in a bag or double cloth to the lower parts of the belly, eaſeth the pains of the wind and colic.

The roots of Carraways eaten as men eat parſnips, ſtrengthen the ſtomach of ancient people exceedingly, and they need not to make a whole meal of them neither, and are fit to be planted in every garden.

Carraway confects, once only dipped in ſugar, and half a ſpoonful of them eaten in the morning faſting, and as many after each meal, is a moſt ad[illegible]ble remedy for thoſe that are troubled with wind.

Celandine.

Celandine.

Deſcript.] THIS hath divers tender, round, whitiſh green ſtalks, with greater joints than ordinary in other herbs, as it were knees, very brittle and eaſy to break, from whence grow branches with large tender broad leaves, divided into many parts, each of them cut in on the edges, ſet at the joint on both ſides of the branches, of a dark bluiſh green colour, on the upper ſide like columbines, and of a more pale bluiſh green underneath, full of yellow ſap, when any part is broken, of a bitter taſte, and ſtrong ſcent; at the flowers of four leaves a-piece, after which come ſmall long pods, with blackiſh ſeed therein; the root is ſomewhat great at the head, ſhooting forth divers long roots and ſmall ſtrings, reddiſh on the out-ſide, and yellow within, full of yellow ſap therein.

Place.] They grow in many places by old walls, hedges and way-ſides in untilled places, and being once planted in a garden, eſpecially ſome ſhady places, it will remain there.

Time.] They flower all the Summer long, and the ſeed ripeneth in the mean time.

Government and Virtues.] This is an herb of the Sun, and under the celeſtial Lion, and is one of the beſt cures for the eyes; for all that know any thing in aſtrology, know that the eyes are ſubject to the luminaries; let it then be gathered when the Sun is in Leo, and the Moon in Aries, applying to this time; let Leo ariſe, then may you make it into an oil or ointment, which you pleaſe, to anoint your ſore eyes with: I can prove it doth both by my own experience, and the experience of thoſe to whom I have taught it, that moſt deſperate ſore eyes have been cured by this only medicine; and then I pray, is not this far better than endangering the eyes by the art of the needle? For if this doth not abſolutely take away the film, it will ſo facilitate the work, that it may be done without danger; the herb or root boiled in white wine and drank, a few anniſeeds being boiled therewith, openeth obſtructions of the liver and gall, helpeth the yellow jaundice; and often uſing it, helps the dropſy and the itch, and thoſe that have old ſores in their legs, or other parts of the body; the juice thereof taken faſting, is held to be of ſingular good uſe againſt the peſtilence; the diſtilled water, with

a little ſugar and a little good treacle mixed therewith (the party upon the taking being laid down to ſweat a little) hath the ſame effect; the juice dropped into the eyes, cleanſeth them from films and cloudineſs which darken the ſight, but it is beſt to allay the ſharpneſs of the juice with a little breaſt-milk. It is good in old filthy corroding creeping ulcers whereſoever, to ſtay their malignity of fretting and running, and to cauſe them to heal more ſpeedily; the juice often applied to tetters, ring worms, or other ſpreading cankers, will quickly heal them, and rubbed often upon warts, will take them away; the herb with the roots bruiſed and bathed with oil of Camomile, and applied to the navel, taketh away the griping pains in the belly and bowels, and all the pains of the mother; and applied to womens breaſts, ſtayeth the overmuch flowing of the courſes; the juice or decoction of the herb gargled between the teeth that ach, eaſeth the pain, and the powder of the dried root laid upon any aching, hollow or looſe tooth, will cauſe it to fall out; the juice mixed with ſome powder of brimſtone is not only good againſt the itch, but taketh away all diſcolourings of the ſkin whatſoever; and if it chance that in a tender body it cauſeth any itchings or inflammations, by bathing the place with a little vinegar, it is helped.

Another ill-favoured trick have phyſicians got to uſe to the eye, and that is worſe than the needle; which is to take away the films by corroding or gnawing medicines; this I abſolutely proteſt againſt.

1. Becauſe the tunicles of the eyes are very thin, and therefore ſoon eaten aſunder.

2. The callus or film that they would eat away, is ſeldom of an equal thickneſs in every place, and then the tunicle may be eaten aſunder in one place, before the film be conſumed in another, and ſo be a readier way to extinguiſh the ſight than to reſtore it.

It is called Chelidonium, from the Greek word *chelidon*, which ſignifies a ſwallow, becauſe they ſay that if you put out the eyes of young ſwallows when they are in the neſt, the old ones will recover their eyes again with this herb; this I am confident, for I have tried it, that if we mar the very apple of their eyes with a needle, ſhe will recover them again; but whether with this herb or not, I know not.

Alſo I have read (and it ſeems to be ſomewhat proba-

ble)

ble) that the herb, being gathered as I ſhewed before, and the elements drawn apart from it by the art of the alchymiſt, and after they are drawn apart rectified, the earthly quality, ſtill in rectifying them, added to the *Terra damnata* (as Alchymiſts call it) or *Terra ſacratiſſima* (as ſome philoſophers call it) the elements ſo rectified are ſufficient for the cure of all diſeaſes, the humours offending being known, and the contrary element given. It is an experiment worth the trying, and can do no harm.

The Leſſer Celandine, uſually known by the name of Pilewort and Fogwort.

I Wonder what ailed the ancients to give this the name of Celandine, which reſembles it neither in nature or form; it required the name of Pilewort from its virtues, and it being no great matter where I ſet it down, ſo I ſet it down at all, I humoured Dr. Tradition ſo much, as to ſet him down here.

Deſcript.] This Celandine or Pilewort (which you pleaſe) doth ſpread many round pale green leaves, ſet on weak and trailing branches, which lie upon the ground, and are flat, ſmooth and ſomewhat ſhining, and in ſome places (though ſeldom) marked with black ſpots, each ſtanding on a long footſtalk, among which riſe ſmall yellow flowers, conſiſting of nine or ten ſmall narrow leaves, upon ſlender foot-ſtalks, very like unto Crowsfoot, whereunto the ſeed alſo is not unlike, being many ſmall kernels like a grain of corn, ſometimes twice as long as others, of a whitiſh colour, with ſome fibres at the end of them.

Place.] It groweth for the moſt part in moiſt corners of fields and places that are near water ſides, yet will abide in drier ground if they be but a little ſhady.

Time.] It flowereth betimes about March or April, is quite gone by May; ſo it cannot be found till it ſpring again.

Government and Virtues.] It is under the dominion of Mars, and behold here another verification of the learning of the antients, viz. that the virtue of an herb may be known by its ſignature, as plainly appears in this; for if you dig up the root of it, you ſhall perceive the perfect image of the diſeaſe which they commonly call the piles. It is certain by good experience, that the decoction of the leaves and roots doth wonderfully help piles and hæmorrhoids, alſo kernels by the ears and throat, called the king's evil, or any other hard wens or tumours.

Here's another ſecret for my countrymen and women, a couple of them together; Pilewort made into an oil, ointment, or plaiſter, readily cures both the piles, or hæmorrhoids, and the king's evil; the very herb borne about one's body next the ſkin helps in ſuch diſeaſes, though it never touch the place grieved; let poor people make much of it for their uſes; with this I cured my own daughter of the king's evil, broke the ſore, drew out a quarter of a pint of corruption, cured without any ſcar at all in one week's time.

The ordinary ſmall Centaury.

Deſcript.] THIS groweth up moſt uſually but with one round and ſomewhat cruſted ſtalk, about a foot high or better, branching forth at the top into many ſprigs, and ſome alſo from the joints of the ſtalks below; the flowers thus ſtand at the tops as it were in one umbel or tuft, are of a pale red, tending to carnation colour, conſiſting of five, ſometimes ſix ſmall leaves, very like thoſe of St. John's wort, opening themſelves in the day time and cloſing at night, after which come ſeeds in little ſhort huſks, in form like unto wheat corn; the leaves are ſmall and ſomewhat round; the root ſmall and hard, periſhing every year; the whole plant is of an exceeding bitter taſte.

There is another ſort in all things like the former, ſave only it beareth white flowers.

Place.] They grow ordinary in fields, paſtures and woods, but that with the white flowers not ſo frequently as the other.

Time.] They flower in July or thereabouts, and ſeed within a month after.

Government and Virtues.] They are under the dominion of the Sun, as appears in that their flowers open and ſhut as the Sun either ſheweth or hideth his face; this herb, boiled and drank, purgeth choleric and groſs humours, and helpeth the ſciatica; it openeth obſtructions of the liver, gall, and ſpleen, helpeth the jaundice, and eaſeth the pains in the ſides, and hardneſs of the ſpleen, uſed outwardly, and is given with very good effect in agues. It helpeth thoſe that have the dropſy, or the green ſickneſs, being much uſed by the Italians in powder for that purpoſe; it killeth the worms in the belly, as is found by experience; the decoction thereof, viz. the tops of the ſtalks,

ſtalks, with the leaves and flowers, is good againſt the colic, and to bring down womens courſes, helpeth to void the dead birth, and eaſeth pains of the mother, and is very effectual in old pains of the joints, as the gout, cramps, or convulſions. A dram of the powder thereof taken in wine, is a wonderful good help againſt the biting and poiſon of an adder; the juice of the herb with a little honey put to it, is good to clear the eyes from dimneſs, miſts and clouds that offend or hinder ſight. It is ſingular good both for green and freſh wounds, as alſo for old ulcers and ſores, to cloſe up the one, and cleanſe the other, and perfectly to cure them both, although they are hollow or fiſtulous; the green herb eſpecially being bruiſed and laid thereto; the decoction therefore dropped into the ears, cleanſeth them from worms, cleanſeth the foul ulcers and ſpreading ſcabs of the head, and taketh away all freckles, ſpots, and marks in the ſkin, being waſhed with it, the herb is ſo ſafe you cannot fail in the uſing of it, only giving it inwardly for inward diſeaſes; 'tis very wholeſome, but not very toothſome.

There is, beſides theſe, another ſmall Centaury, which beareth a yellow flower; in all other reſpects it is like the former, ſave that the leaves are bigger, and of a darker green, and the ſtalk paſſeth through the midſt of them as it doth the herb Thorowan. They are all of them, as I told you, under the government of the Sun; yet this, if you obſerve it, you ſhall find an excellent truth; in diſeaſes of the blood, uſe the red Centaury; if of choler, uſe the yellow; but if phlegm or water, you will find the white beſt.

The Cherry-Tree.

I Suppoſe there are few but know this tree, for its fruit's ſake; and therefore I ſhall ſpare writing a deſcription thereof.

Place.] For the place of its growth, it is afforded room in every orchard.

Government and Virtues.] It is a tree of Venus. Cherries, as they are of different taſtes, ſo they are of different qualities; the ſweet paſs through the ſtomach and the belly more ſpeedily, but are of little nouriſhment; the tart or ſour are more pleaſing to an hot ſtomach, procure appetite to meat, and help to cut tough phlegm, and groſs humours;

humours; but when they are dried, they are more binding to the belly than when they are freſh, being cooling in hot diſeaſes, and welcome to the ſtomach, and provoke urine; the gum of the Cherry-tree, diſſolved in wine, is good for a cold, cough, and hoarſeneſs of the throat; mending the colour in the face, ſharpeneth the eye-ſight, provoketh appetite, and helpeth to break and expel the ſtone; the black Cherries bruiſed with the ſtones, and diſſolved, the water thereof is much uſed to break the ſtone, and to expel gravel and wind.

Winter Cherries.

Deſcript.] THE Winter Cherry hath a running or creeping root in the ground, of the bigneſs many times of one's little finger, ſhooting forth at ſeveral joints in ſeveral places, whereby it quickly ſpreads a great compaſs of ground; the ſtalk riſeth not above a yard high, whereon are ſet many broad and long green leaves, ſomewhat like nightſhade, but larger; at the joints whereof come forth whitiſh flowers made of five leaves a-piece, which afterward turn into green berries incloſed with thin ſkins, which change to be reddiſh when they grow ripe, the berries likewiſe being reddiſh, and as large as a cherry, wherein are contained many flat and yellowiſh ſeeds lying within the pulp, which being gathered and ſtrung up, are kept all the year to be uſed upon occaſion.

Place.] They grow not naturally in this land, but are cheriſhed in gardens for their virtues.

Time.] They flower not until the middle or latter end of July; and the fruit is ripe about Auguſt, or the beginning of September.

Government and Virtues.] This alſo is a plant of Venus. They are of great uſe in phyſic; the leaves being cooling, may be uſed in inflammations, but not opening as the berries and fruit are; which by drawing down the urine provoke it to be voided plentifully when it is ſtopped or grown hot, ſharp, and painful in the paſſage; it is good alſo to expel the ſtone and gravel out of the reins, kidnies, and bladder, helping to diſſolve the ſtone, and voiding it by grit or gravel ſent forth in the urine; it alſo helpeth much to cleanſe inward impoſthumes or ulcers in the reins or bladder, or thoſe that void a bloody or foul

foul urine; the diſtilled water of the fruit, or the leaves together with them, or the berries, green or dry, diſtilled with a little milk and drank morning and evening with a little ſugar, is effectual to all the purpoſes before ſpecified, and eſpecially againſt the heat and ſharpneſs of the urine. I ſhall mention one way, amongſt many others, which might be uſed for ordering the berries, to be helpful for the urine and ſtone; which is this; take three or four good handfuls of the berries, either green or freſh, or dried, and having bruiſed them, put them in ſo many gallons of beer or ale when it is new and tunned up; this drink, taken daily, hath been found to do much good to many, both to eaſe the pains, and expel urine and the ſtone, and to cauſe the ſtone not to engender; the decoction of the berries in wine and water is the moſt uſual way, but the powder of them taken in drink is more effectual.

Chervil.

IT is called Cerefolium, Mirrhis, and Mirrha, Chervil, Sweet Chervil, and Sweet Cicely.

Deſcript.] The garden Chervil doth at firſt ſomewhat reſemble Parſley, but after it is better grown, the leaves are much cut in and jagged, reſembling hemlock, being a little hairy and of a whitiſh green colour, ſometimes turning reddiſh in the Summer, with the ſtalks alſo; it riſeth a little above half a foot high, bearing white flowers in ſpiked tufts, which turn into long and round ſeeds, pointed at the ends, and blackiſh when they are ripe; of a ſweet taſte, but no ſmell, though the herb itſelf ſmelleth reaſonably well. The root is ſmall and long, and periſheth every year, and muſt be ſown a-new in Spring for ſeed, and after July for Autumn ſallet.

The wild Chervil groweth two or three feet high, with yellow ſtalks and joints, ſet with broader and more hairy leaves, divided into ſundry parts, nicked about the edges, and of a dark green colour, which likewiſe grow reddiſh with the ſtalks; at the tops whereof ſtand ſmall white tufts of flowers, afterwards ſmaller and longer ſeed. The root is white, hard, and endureth long. This hath little or no ſcent.

Place.] The firſt is ſown in gardens for a ſalad herb; the ſecond groweth wild in many of the meadows of this land, and by the hedge ſides, and on heaths.

Time.] They flower and ſeed early, and thereupon are ſown again in the end of Summer. *Govern-*

Government and Virtues.] The garden Chervil being eaten, doth moderately warm the ſtomach, and is a certain remedy (ſaith Tragus) to diſſolve congealed or clotted blood in the body, or that which is clotted by bruiſes, falls, &c. The juice or diſtilled water thereof being drank, and the bruiſed leaves laid to the place, being taken either in meat or drink, it is good to help to provoke urine, or expel the ſtone in the kidnies, to ſend down womens courſes, and to help the pleuriſy and pricking of the ſides.

The wild Chervil bruiſed and applied, diſſolveth ſwellings in any part, or the marks of congealed blood by bruiſes or blows, in a little ſpace.

Sweet Chervil, or Sweet Cicely.

Deſcript. THIS groweth very like the great hemlock, having large ſpread leaves cut into divers parts, but of a freſher green colour than the hemlock, taſting as ſweet as the anniſeed. The ſtalks riſe up a yard high, or better, being creſſed or hollow, having leaves at the joints, but leſſer; and at the tops of the branched ſtalks, umbels or tufts of white flowers; after which comes large and long creſted black ſhining ſeed, pointed at both ends, taſting quick, yet ſweet and pleaſant. The root is great and white, growing deep in the ground, and ſpreading fundry long branches therein, in taſte and ſmell ſtronger than the leaves or ſeeds, and continuing many years.

Place.] This groweth in gardens.

Government and Virtues.] Theſe are all three of them of the nature of Jupiter, and under his dominion. This whole plant, beſides its pleaſantneſs in ſallets, hath its phyſical virtue. The root boiled, and eaten with oil and vinegar, (or without oil) does much pleaſe and warm old and cold ſtomachs oppreſſed with wind or phlegm, or thoſe that have the phthiſick or conſumption of the lungs. The ſame drank with wine is a preſervation from the plague. It provoketh womens courſes, and expelleth the after-birth, procureth an appetite to meat, and expelleth wind. The juice is good to heal the ulcers of the head and face; the candied roots hereof are held as effectual as Angelica, to preſerve from infection in the time of a plague, and to warm and comfort a cold weak ſtomach. It is ſo harmleſs you cannot uſe it amiſs.

Cheſnut

Cheſnut Tree.

IT were as needleſs to deſcribe a tree ſo commonly known, as to tell a man he had gotten a mouth; therefore take the government and virtues of them thus:

The tree is abundantly under the dominion of Jupiter, and therefore the fruit muſt needs breed good blood, and yield commendable nouriſhment to the body; yet, if eaten over-much, they make the blood thick, procure head-ach, and bind the body; the inner ſkin, that covereth the nut, is of ſo binding a quality, that a ſcruple of it being taken by a man, or ten grains by a child, ſoon ſtops any flux whatſoever: The whole nut being dried and beaten into powder, and a dram taken at a time, is a good remedy to ſtop the terms in women. If you dry Cheſnuts, (only the kernels I mean) both the barks being taken away, beat them into powder, and make the powder up into an electuary with honey, ſo have you an admirable remedy for the cough and ſpitting of blood.

Earth Cheſnuts.

THEY are called Earth Nuts, Earth Chesnuts, Ground Nuts, Cipper Nuts, and in Suſſex Pig Nuts. A deſcription of them were needleſs, for every child knows them.

Government and Virtues.] They are ſomething hot and dry in quality, under the dominion of Venus, they provoke luſt exceedingly, and ſtir up thoſe ſports ſhe is miſtreſs of; the ſeed is excellent good to provoke urine; and ſo alſo is the root, but it doth not perform it ſo forcibly as the ſeed doth. The root being dried and beaten into a powder, and the powder made into an electuary, is as ſingular a remedy for ſpitting and piſſing of blood, as the former Cheſnut was for coughs.

Chickweed.

IT is ſo generally known to moſt people, that I ſhall not trouble you with the deſcription thereof, nor myſelf with ſetting forth the ſeveral kinds, ſince but only two or three are conſiderable for their uſefulneſs.

Place.] They are uſually found in moiſt and watery places, by wood ſides, and elſewhere.

Time.] They flower about June, and their ſeed is ripe in July.

Govern-

Government and Virtues.] It is a fine ſoft pleaſing herb, under the dominion of the Moon. It is found to be as effectual as Purſlain to all the purpoſes whereunto it ſerveth, except for meat only. The herb bruiſed, or the juice applied (with cloaths or ſpunges dipped therein) to the region of the liver, and as they dry, to have it freſh applied, doth wonderfully temperate the heat of the liver, and is effectual for all impoſthumes and ſwellings whatſoever, for all redneſs in the face, wheals, puſhes, itch, ſcabs; the juice either ſimply uſed, or boiled with hog's greaſe and applied, helpeth cramps, convulſions, and palſy. The juice, or diſtilled water, is of much good uſe for all heats and redneſs in the eyes, to drop ſome thereof into them; as alſo in the ears, to eaſe pains in them; and is of good effect to eaſe pains from the heat and ſharpneſs of the blood in the piles, and generally all pains in the body that ariſe of heat. It is uſed alſo in hot and virulent ulcers and ſores in the privy parts of men and women, or on the legs, or elſewhere. The leaves boiled with marſh-mallows, and made into a poultice with fenugreek and linſeed, applied to ſwellings and impoſthumes, ripen and break them, or aſſuage the ſwellings and eaſe the pains. It helpeth the ſinews when they are ſhrunk by cramps, or otherwiſe, and to extend and make them pliable again by this medicine. Boil a handful of Chickweed, and a handful of red roſe leaves dried in a quart of maſcadine, until a fourth part be conſumed; then put to them a pint of oil of trotter's or ſheep's feet; let them boil a good while, ſtill ſtirring them well; which being ſtrained, anoint the grieved place therewith, warm againſt the fire, rubbing it well with one hand; and bind alſo ſome of the herb (if you will) to the place, and, with God's bleſſing, it will help it in three times dreſſing.

Chick-Peaſe, or Cicers.

Deſcript. THE garden ſorts, whether red, black, or white, bring forth ſtalks a yard long, whereon do grow many ſmall and round leaves, dented about the edges, ſet on both ſides of a middle rib: At the joints come forth one or two flowers, upon ſharp foot ſtalks, peaſe-faſhion, either white or whitiſh, or purpliſh red, lighter or deeper, according as the peaſe that follow will be, that are contained in ſmall, thick, and

and ſhort pods, wherein lie one or two peaſe, more uſually pointed at the lower end, and almoſt round at the head, yet a little cornered or ſharp; the root is ſmall, and periſheth yearly.

Place and Time.] They are ſown in gardens, or fields, as peaſe, being ſown later than peaſe, and gathered at the ſame time with them, or preſently after.

Government and Virtues.] They are both under the dominion of Venus. They are leſs windy than beans, but nouriſheth more; they provoke urine, and are thought to increaſe ſperm; they have a cleanſing faculty, whereby they break the ſtone in the kidnies. To drink the cream of them, being boiled in water, is the beſt way. It moves the belly downwards, provokes womens courſes and urine, increaſes both milk and ſeed. One ounce of Cicers, two ounces of French barley, and a ſmall handful of marſh-mallow roots, clean waſhed and cut, being boiled in the broth of a chicken, and four ounces taken in the morning, and faſting two hours after, is a good medicine for a pain in the ſides. The white Cicers are uſed more for meat than medicine, yet have the ſame effects, and are thought more powerful to increaſe milk and ſeed. The wild Cicers are ſo much more powerful than the garden kinds, by how much they exceed them in heat and dryneſs; whereby they do more open obſtructions, break the ſtone, and have all the properties of cutting, opening, digeſting, and diſſolving; and this more ſpeedily and certainly than the former.

Cinquefoil, or Five-leaved Graſs, called in ſome Counties Five-fingered Graſs.

Deſcript.] IT ſpreads and creeps far upon the ground, with long ſlender ſtrings like ſtrawberries, which take root again, and ſhoot forth many leaves made of five parts, and ſometimes of ſeven, dented about the edges, and ſomewhat hard. The ſtalks are ſlender, leaning downwards, and bear many ſmall yellow flowers thereon, with ſome yellow threads in the middle, ſtanding about a ſmooth green head, which, when it is ripe, is a little rough, and containeth ſmall browniſh ſeed. The root is of a blackiſh brown colour, as big as one's little finger, but growing long, with ſome threads thereat; and by the ſmall ſtrings it quickly ſpreadeth over the ground.

Place.]

Place.] It groweth by wood ſides, hedge ſides, the path-way in fields, and in the borders and corners of them, almoſt through all this land.

Time.] It floweth in ſummer, ſome ſooner, ſome later.

Government and Virtues.] This is an herb of Jupiter, and therefore ſtrengthens the part of the body it rules; let Jupiter be angular and ſtrong when gathered; and if you give but a ſcruple (which is but twenty grains) of it at a time, either in white wine, or in white wine vinegar, you ſhall very ſeldom miſs the cure of an ague, be it what ague ſoever, in three fits, as I have often proved, to the admiration both of myſelf and others; let no man deſpiſe it, becauſe it is plain and eaſy, the ways of God are all ſuch. It is an eſpecial herb uſed in all inflammations and fevers, whether infectious or peſtilential; or among other herbs to cool and temper the blood and humours in the body; as alſo for all lotions, gargles, inſections, and the like; for ſore mouths, ulcers, cancers, fiſtulas, and other corrupt, foul, or running ſores. The juice hereof drank, about four ounces at a time, for certain days together, cureth the quinſy and yellow jaundice; and taken for thirty days together, cureth the falling ſickneſs. The roots boiled in milk and drank, is a more effectual remedy for all fluxes in man or woman, whether the white or red, as alſo the bloody-flux. The roots boiled in vinegar, and the decoction thereof held in the mouth, eaſeth the pains of the tooth-ach. The juice or decoction taken with a little honey, helpeth the hoarſeneſs of the throat, and is very good for the cough of the lungs. The diſtilled water of both roots and leaves is alſo effectual to all the purpoſes aforeſaid; and if the hands be often waſhed therein, and ſuffered at every time to dry in of itſelf without wiping, it will in a ſhort time help the palſy or ſhaking in them. The root boiled in vinegar, helpeth all knots, kernels, hard ſwellings, and lumps growing in any part of the fleſh, being thereto applied; as alſo inflammations, and St. Antony's Fire; all impoſthumes, and painful ſores with heat and putrefaction; the ſhingles alſo, and all other ſorts of running and foul ſcabs, ſores, and itch. The ſame alſo boiled in wine, and applied to any joint full of pain, ach, or the gout in the hands or feet, or the hip gout, called the Sciatica, and the decoction thereof drank the while, doth cure them, and eaſeth much pain in the bowels. The roots

are

are likewiſe effectual to help ruptures or burſtings, being uſed with other things available to that purpoſe, taken either inwardly or outwardly, or both; as all bruiſes or hurts by blows, falls, or the like, and to ſtay the bleeding of wounds in any parts inward or outward.

Some hold that one leaf cures a quotidian, three a tertian, and four a quartan ague, and a hundred to one if it be not Dioſcorides, for he is full of whimſies. The truth is, I never ſtood ſo much upon the number of the leaves, nor whether I give it in powder or decoction: If Jupiter were ſtrong, and the Moon applying to him, and his good aſpect at the gathering, I never knew it miſs the deſired effects.

Cives.

CALLED alſo Ruſh Leeks, Chives, Civet, and Sweth. *Temperature and Virtues.*] I confeſs I had not added theſe, had it not been for a country gentleman, who by a letter certified me, that amongſt other herbs, I had left theſe out; they are indeed a kind of leeks, hot and dry in the fourth degree as they are, and ſo under the dominion of Mars; if they be eaten raw, (I do not mean raw, oppoſite to roaſted or boiled, but raw, oppoſite to chymical preparation) they ſend up very hurtful vapours to the brain, cauſing troubleſome ſleep, and ſpoiling the eye-ſight; yet of them, prepared by the art of the alchymiſt, may be made an excellent remedy for the ſtoppage of urine.

Clary, or, more properly, Clear-Eye.

Deſcript.] OUR ordinary garden Clary hath four ſquare ſtalks, with broad, rough, wrinkled, whitiſh, or hoary green leaves, ſomewhat evenly cut in on the edges, and of a ſtrong ſweet ſcent, growing ſome near the ground, and ſome by couples upon ſtalks. The flowers grow at certain diſtances, with two ſmall leaves at the joints under them, ſomewhat like unto flowers of ſage, but ſmaller, and of a whitiſh blue colour. The ſeed is browniſh, and ſomewhat flat, or not ſo round as the wild. The roots are blackiſh, and ſpread not far, and periſh after the ſeed time. It is uſually ſown, for it ſeldom riſes of its own ſowing.

Place.] This groweth in gardens.

Time.] It flowereth in June and July, ſome a little later than others, and their ſeed is ripe in Auguſt, or thereabouts.

Govern-

Government and Virtues.] It is under the dominion of the Moon. The ſeed put into the eyes clears them from motes and ſuch like things gotten within the lids to offend them, as alſo clears them from white and red ſpots on them. The mucilage of the ſeed made with water, and applied to tumours, or ſwellings, diſperſeth and taketh them away; as alſo draweth forth ſplinters, thorns, or other things gotten into the fleſh. The leaves uſed with vinegar, either by itſelf, or with a little honey, doth help boils, felons, and the hot inflammations that are gathered by their pains, if applied before it be grown too great. The powder of the dried root put into the noſe, provoketh ſneezing, and thereby purgeth the head and brain of much rheum and corruption. The ſeed or leaves taken in wine, provoketh to venery. It is of much uſe both for men and women that have weak backs, and helpeth to ſtrengthen the reins; uſed either by itſelf, or with other herbs, conducing to the ſame effect, and in tanſies often. The freſh leaves dipped in a batter of flour, eggs, and a little milk, and fried in butter, and ſerved to the table, is not unpleaſant to any, but exceeding profitable for thoſe that are troubled with weak backs, and the effects thereof. The juice of the herb put into ale or beer, and drank, bringeth down womens courſes, and expelleth the after-birth.

It is an uſual courſe with many men, when they have gotten the running of the reins, or women the whites, they run to the buſh of Clary: Maid, bring hither the frying-pan, fetch me ſome butter quickly, then for eating fried Clary, juſt as hogs eat acorns; and this they think will cure their diſeaſe (forſooth); whereas, when they have devoured as much Clary as will grow upon an acre of ground, their backs are as much the better, as though they had piſſed in their ſhoes; nay, perhaps, much worſe.

We will grant that Clary ſtrengthens the back; but this we deny, that the cauſe of the running of the reins in men, or the whites in women, lies in the back (though the back ſometimes be weakened by them); and therefore the medicine is as proper, as for me when my toe is ſore, to lay a plaiſter on my noſe.

Wild Clary.

WILD Clary is moſt blaſphemouſly called Chriſt's Eye, becauſe it cures diſeaſes of the eyes. I could

could wiſh from my ſoul blaſphemy, ignorance, and tyranny were ceaſed among phyſicians, that they may be happy, and I joyful.

Deſcript.] It is like the other Clary, but leſſer, with many ſtalks about a foot and a half high. The ſtalks are ſquare, and ſomewhat hairy; the flowers of a bluſh colour: He that knows the common Clary cannot be ignorant of this.

Place.] It grows commonly in this nation in barren places; you may find it plentifully, if you look in the fields near Gray's-Inn, and the fields near Chelſea.

Time.] They flower from the beginning of June till the latter end of Auguſt.

Government and Virtues.] It is ſomething hotter and drier than the garden Clary is, yet nevertheleſs under the dominion of the Moon, as well as that: The ſeeds of it being beaten to powder, and drank with wine, is an admirable help to provoke luſt. A decoction of the leaves being drank, warm the ſtomach, and it is a wonder if it ſhould not, the ſtomach being under Cancer, the houſe of the Moon. Alſo it helps digeſtion, ſcatters congealed blood in any part of the body. The diſtilled water hereof cleanſeth the eyes of redneſs, wateriſhneſs and heat: It is a gallant remedy for dimneſs of ſight, to take one of the ſeeds of it and put into the eyes, and there let it remain till it drops out of itſelf, the pain will be nothing to ſpeak on; it will cleanſe the eyes of all filthy and putrified matter; and in often repeating it, will take off a film which covereth the ſight; a handſomer, ſafer, and eaſier remedy by a great deal, than to tear it off with a needle.

Cleavers.

IT is alſo called Aparine, Gooſe-ſhare, Gooſe-graſs, and Cleavers.

Deſcript.] The common Cleavers have divers very rough ſquare ſtalks, not ſo big as the top of a point, but riſing up to be two or three yards high ſometimes, if it meet with any tall buſhes or trees, whereon it may climb, yet without any claſpers, or elſe much lower, and lying on the ground, full of joints, and at every one of them ſhooteth forth a branch, beſides the leaves thereat, which are uſually ſix, ſet in a round compaſs like a ſtar, or a rowel of a ſpur: From between the leaves or the joints towards the tops of the branches, come forth very ſmall white flowers, at every end upon ſmall

ſmall thready foot-ſtalks, which after they have fallen, there do ſhew two ſmall round and rough ſeeds joined together like two tetticles, which, when they are ripe, grow hard and whitiſh, having a little hole on the ſide, ſomething like unto a navel. Both ſtalks, leaves, and ſeeds are ſo rough, that they will cleave to any thing that ſhall touch them. The root is ſmall and thready, ſpreading much to the ground, but dieth every year.

Place.] It groweth by the hedge and ditch-ſides in many places of this land, and is ſo troubleſome an inhabitant in gardens, that it rampeth upon, and is ready to choak whatever grows near it.

Time.] It flowereth in June or July, and the ſeed is ripe and falleth again in the end of July or Auguſt, from whence it ſpringeth up again, and not from the old roots.

Government and Virtues.] It is under the dominion of the Moon. The juice of the herb and the ſeed together taken in wine, helpeth thoſe bitten with an adder, by preſerving the heart from the venom. It is familiarly taken in broth, to keep them lean and lank that are apt to grow fat. The diſtilled water drank twice a day, helpeth the yellow jaundice; and the decoction of the herb, in experience, is found to do the ſame, and ſtayeth laſks and bloody-fluxes. The juice of the leaves, or they a little bruiſed and applied to any bleeding wounds, ſtayeth the bleeding. The juice alſo is very good to cloſe up the lips of green wounds, and the powder of the dried herb ſtrewed thereupon doth the ſame, and likewiſe helpeth old ulcers. Being boiled in hog's greaſe, it helpeth all ſorts of hard ſwellings or kernels in the throat, being anointed therewith. The juice dropped into the ears, taketh away the pain of them.

It is a good remedy in the Spring, eaten (being firſt chopped ſmall, and boiled well) in water-gruel, to cleanſe the blood, and ſtrengthen the liver, thereby to keep the body in health, and fitting it for that change of ſeaſon that is coming.

Clown's Woodwort.

Deſcript.] IT groweth up ſometimes to two or three feet high, but uſually about two feet, with ſquare, green, rough ſtalks, but ſlender, joined ſomewhat far aſunder, and two very long, ſomewhat narrow dark green leaves bluntly dented about the edges thereof, ending in a long point. The flowers ſtand

towards

towards the tops, compaſſing the ſtalks at the joints with the leaves, and end likewiſe in a ſpiked top, having long and much gaping hoods of a purpliſh red colour, with whitiſh ſpots in them, ſtanding in ſomewhat round huſks, wherein afterwards ſtand blackiſh round ſeeds. The root is compoſed of many long ſtrings, with ſome tuberous long knobs growing among them, of a pale yellowiſh or whitiſh colour; yet ſome times of the year theſe knobby roots in many places are not ſeen in this plant. The plant ſmelleth ſomewhat ſtrong.

Place.] It groweth in ſundry counties of this land, both north and weſt, and frequently by path-ſides in the fields near about London, and within three or four miles diſtant about it; yet it uſually grows in ornear ditches.

Time.] It flowereth in June or July, and the ſeed is ripe ſoon after.

Government and Virtues.] It is under the dominion of the planet Saturn. It is ſingularly effectual in all freſh and green wounds, and therefore beareth not this name for nought. And it is very available in ſtaunching of blood, and to dry up the fluxes of humours in old fretting ulcers, cankers, &c. that hinder the healing of them.

A ſyrup made of the juice of it, is inferior to none for inward wounds, ruptures of veins, bloody flux, veſſels broken, ſpitting, piſſing, or vomitting blood. Ruptures are excellently and ſpeedily, even to admiration, cured by taking now and then a little of the ſyrup, and applying an ointment or plaiſter of this herb to the place. Alſo, if any vein be ſwelled or muſcle, apply a plaiſter of this herb to it, and if you add a little Comfrey to it, it will not do amiſs. I aſſure thee the herb deſerves commendations, though it has gotten ſuch a clowniſh name; and whoſoever reads this (if he try it as I have done) will commend it; only take notice, that it is of a dry earthy quality.

Cock's Head, Red Fitching, or Medick Fetch.

Deſcript. THIS hath divers weak but rough ſtalks, half a yard long, leaning downwards, but ſet with winged leaves, longer and more pointed than thoſe of lintels, and whitiſh underneath; from the tops of theſe ſtalks ariſe up other ſlender ſtalks, naked without leaves unto the tops, where there grow many ſmall flowers in manner of a ſpike, of a pale reddiſh colour.

with ſome bluneſs among them; after which riſe up in their places, round, rough, and ſomewhat flat heads. The root is tough, and ſomewhat woody, yet liveth and ſhooteth a-new every year.

Place.] It groweth under hedges, and ſometimes in the open fields in divers places of this land.

Time.] They flower all the months of July and Auguſt, and the ſeed ripeneth in the mean while.

Government and Virtues.] It is under the dominion of Venus. It hath power to rarify and digeſt; and therefore the green leaves bruiſed and laid as a plaiſter, diſperſe knots, nodes, or kernels in the fleſh; and if when dry it be taken in wine, it helpeth the ſtrangury; and being anointed with oil, it provoketh ſweat. It is a ſingular food for cattle, to cauſe them to give ſtore of milk; and why then may it not do the like, being boiled in ordinary drink, for nurſes?

Columbines.

THESE are ſo well known, growing almoſt in every garden, that I think I may ſave expence of time in writing a deſcription of them.

Time.] They flower in May, and abide not, for the moſt part, when June is paſt, perfecting their ſeed in the mean time.

Government and Virtues.] It is alſo an herb of Venus. The leaves of Columbines are commonly uſed in lotions with good ſucceſs for ſore mouths and throats. Tragus ſaith, that a dram of the ſeed taken in wine with a little ſaffron, openeth obſtructions of the liver, and is good for the yellow jaundice, if the party after the taking thereof be laid to ſweat well in bed. The ſeed alſo taken in wine, cauſeth a ſpeedy delivery of women in child-birth; if one draught ſuffice not, let her drink the ſecond, and it is effectual: The Spaniards uſed to eat a piece of the root thereof in a morning faſting, many days together, to help them when troubled with the ſtone in the reins or kidnies.

Colt's Foot.

CALLED alſo Coughwort, Foal's-foot, Horſe-hoof, and Bull's-foot.

Deſcript.] This ſhooteth up a ſlender ſtalk, with ſmall yellowiſh flowers ſomewhat earlier, which fall away quickly, and after they are paſt, come up ſomewhat round

round leaves, ſometimes dented about the edges, much leſſer, thicker, and greener than thoſe of butter-bur, with a little down or frieze over the green leaf on the upper ſide, which may be rubbed away, and whitiſh or mealy underneath. The root is ſmall and white, ſpreading much under ground, ſo that where it taketh, it will hardly be driven away again, if any little piece be abiding therein; and from thence ſpring freſh leaves.

Place.] It groweth as well in wet grounds as in drier places.

Time.] And flowereth in the end of February; the leaves begin to flower in March.

Government and Virtues.] The plant is under Venus; the freſh leaves or juice, or a ſyrup thereof, is good for a hot dry cough, or wheeſing, and ſhortneſs of breath. The dry leaves are beſt for thoſe who have thin rheums and diſtillations upon their lungs, cauſing a cough; for which alſo the dried leaves taken as tobacco, or the root, is very good. The diſtilled water hereof ſimply, or with elder flowers and night-ſhade, is a ſingular good remedy againſt all hot agues, to drink two ounces at a time, and apply cloths wet therein to the head and ſtomach, which alſo does much good, being applied to any hot ſwellings or inflammations. It helpeth St. Anthony's fire and burnings, and is ſingular good to take away wheals and ſmall puſhes that ariſe through heat; as alſo the burning heat of the piles, or privy parts, cloths wet therein being thereunto applied.

Comfrey.

Deſcript.] THE common Great Comfrey hath divers very large hairy green leaves lying on the ground, ſo hairy or prickly, that if they touch any tender part of the hands, face, or body, it will cauſe it to itch; the ſtalk that riſeth from among them being two or three feet high, hollow and cornered, is very hairy alſo, having many ſuch like leaves as grow below, but leſſer and leſſer up to the top; at the joints of the ſtalks it is divided into many branches, with ſome leaves thereon, and at the ends ſtand many flowers in order one above another, which are ſomewhat long and hollow like the finger of a glove, of a pale whitiſh colour, after which come ſmall black ſeeds. The roots are great and long, ſpreading great thick branches under ground, black on the outſide, and whitiſh within, ſhort

and eaſy to break, and full of glutinous or clammy juice, of little or no taſte at all.

There is another ſort in all things like this, only ſomewhat leſs, and beareth flowers of a pale purple colour.

Place.] They grow by ditches and water-ſides, and in divers fields that are moiſt, for therein they chiefly delight to grow. The firſt generally through all the land, and the other but in ſome places. By the leave of my authors, I know the firſt grows often in dry places.

Time.] They flower in June or July, and give their ſeed in Auguſt.

Government and Virtues.] This is an herb of Saturn, and I ſuppoſe under the ſign Capricorn, cold, dry, and earthly in quality. What was ſpoken of Clown's Woundwort, may be ſaid of this. The Great Comfrey helpeth thoſe that ſpit blood, or make a bloody urine. The root boiled in water or wine, and the decoction drank, helps all inward hurts, bruiſes, wounds, and ulcers of the lungs, and cauſeth the phlegm that oppreſſeth them to be eaſily ſpit forth. It helpeth the defluction of rheum from the head upon the lungs, the fluxes of blood or humours by the belly, women's immoderate courſes, as well the reds as the whites, and the running of the reins, happening by what cauſe ſoever. A ſyrup made thereof is very effectual for all thoſe inward griefs and hurts, and the diſtilled water for the ſame purpoſe alſo, and for outward wounds and ſores in the fleſhy or ſinewy part of the body whatſoever, as alſo to take away the fits of agues, and to allay the ſharpneſs of humours. A decoction of the leaves hereof is available to all the purpoſes, though not ſo effectual as the roots. The roots being outwardly applied, help freſh wounds or cuts immediately, being bruiſed and laid thereto; and is ſpecial good for ruptures and broken bones; yea, it is ſaid to be ſo powerful to conſolidate and knit together, that if they be boiled with diſſevered pieces of fleſh in a pot, it will join them together again. It is good to be applied to women's breaſts that grow ſore by the abundance of milk coming into them; alſo, to repreſs the overmuch bleeding of the hæmorrhoids, to cool the inflammation of the parts thereabouts, and to give eaſe of pains. The roots of Comfrey taken freſh, beaten ſmall, and ſpread upon leather, and laid upon any place troubled with the gout, doth preſently give

give eaſe of the pains; and applied in the ſame manner, giveth eaſe to pained joints, and profiteth very much for running and moiſt ulcers, gangrenes, mortifications, and the like, for which it hath by often experience been found helpful.

Coralwort.

IT is alſo called by ſome Toothwort, Tooth Violet, Dog Teeth Violet, and Dentaria.

Deſcript.] Of the many ſorts of this herb, two of them may be found growing in this nation; the firſt of which ſhooteth forth one or two winged leaves, upon long browniſh footſtalks, which are doubled down at their firſt coming out of the ground; when they are fully opened, they conſiſt of ſeven leaves, moſt commonly of a ſad green colour, dented about the edges, ſet on both ſides the middle rib one againſt another, as the leaves of the aſh-tree; the ſtalk beareth no leaves on the lower half of it; the upper half beareth ſometimes three or four, each conſiſting of five leaves, ſometimes of three; on the top ſtand four or five flowers upon ſhort foot-ſtalks, with long huſks; the flowers are very like the flowers of ſtock-gilliflowers, of a pale purpliſh colour, conſiſting of four leaves a-piece, after which come ſmall cods, which contain the ſeed; the root is very ſmooth, white, and ſhining; it doth not grow downwards, but creeping along under the upper cruſt of the ground, and conſiſteth of divers ſmall round knobs ſet together; towards the top of the ſtalk there grows ſome ſingle leaves, by each of which cometh a ſmall cloven bulb, which when it is ripe, if it be ſet in the ground, it will grow to be a root.

As for the other Coralwort which groweth in this nation, it is more ſcarce than this, being a very ſmall plant, much like crowfoot; therefore ſome think it to be one of the ſorts of crowfoot: I know not where to direct you to it, therefore I ſhall forbear the deſcription.

Place.] The firſt groweth in Mayfield in Suſſex, in a wood called Highread, and in another wood there alſo, called Foxholes.

Time.] They flower from the latter end of April to the middle of May, and before the middle of July they are gone, and not to be found.

Government and Virtues.] It is under the dominion of the Moon. It cleanſeth the bladder, and provoketh

urine, expels gravel and the ſtone; it eaſeth pains in the ſides and bowels, is excellent good for inward wounds, eſpecially ſuch as are made in the breaſt or lungs, by taking a dram of the powder of the root every morning in wine; the ſame is excellent good for ruptures, as alſo to ſtop fluxes; an ointment made of it is excellent good for wounds and ulcers, for it ſoon drives up the watery humours which hinder the cure.

Coſtmary, or Alcoſt, or Balſam Herb.

THIS is ſo frequently known to be an inhabitant in almoſt every garden, that I ſuppoſe it needleſs to write a deſcription thereof.

Time.] It flowereth in June and July.

Government and Virtues.] It is under the dominion of Jupiter. The ordinary Coſtmary, as well as Maudlin, provoketh urine abundantly, and moiſteneth the hardneſs of the mother; it gently purgeth choler and phlegm, extenuating that which is groſs, and cutting that which is tough and glutinous, cleanſeth that which is foul, and hindereth putrefaction and corruption; it diſſolveth without attraction, openeth obſtructions, and helpeth their evil effects, and it is a wonderful help to all ſorts of dry agues. It is aſtringent to the ſtomach, and ſtrengtheneth the liver, and all the other inward parts; and taken in whey, worketh more effectually. Taken faſting in the morning, it is very profitable for pains in the head that are continual; and to ſtay, dry up, and conſume all thin rheums or diſtillations from the head into the ſtomach, and helpeth much to digeſt raw humours that are gathered therein. It is very profitable for thoſe that are fallen into a continual evil diſpoſition of the body, called Cachexia, but eſpecially in the beginning of the diſeaſe. It is an eſpecial friend and help to evil, weak and cold livers. The ſeed is familiarly given to children for the worms, and ſo is the infuſion of flowers in white wine given them to the quantity of two ounces at a time: It maketh an excellent ſalve to cleanſe and heal old ulcers, being boiled with oil of olive, and adder's tongue with it; and after it is ſtrained, put a little wax, roſin, and turpentine, to bring it to a convenient body.

Cudweed, or Cottonweed.

BESIDES Cudweed and Cottonweed, it is alſo called Chaffweed, Dwarfe Cotton, and Petty Cotton.

Deſcript.]

Deſcript.] The common Cudweed riſeth up with one ſtalk ſometimes, and ſometimes with two or three, thick ſet on all ſides with ſmall, long and narrow whitiſh and woody leaves, from the middle of the ſtalk almoſt up to the top; with every leaf ſtandeth a ſmall flower of a dun or browniſh yellow colour, or not ſo yellow as others; in which herbs, after the flowers are fallen, come ſmall ſeed wrapped up, with the down therein, and is carried away with the wind; the root is ſmall and thready.

There are other ſorts hereof, which are ſomewhat leſſer than the former, not much different, ſave only that the ſtalks and leaves are ſhorter, ſo the flowers are paler and more open.

Place.] They grow in dry, barren, ſandy, and gravelly grounds in moſt places of this land.

Time.] They flower about July, ſome earlier, ſome later, and their ſeed is ripe in Auguſt.

Government and Virtues] Venus is lady of it. The plants are all aſtringent, binding, or drying, and therefore profitable for deductions of rheum from the head, and to ſtay fluxes of blood whereſoever, the decoction being made into red wine and drank, or the powder taken therein. It alſo helpeth the bloody flux, and eaſeth the torments that come thereby, ſtayeth the immoderate courſes of women, and is alſo good for inward or outward wounds, hurts or bruiſes, and helpeth children both of burſtings and worms, and being either drank or injected, for the diſeaſe called Teneſmus, which is an often provocation to the ſtool without doing any thing. The green leaves bruiſed, and laid to any green wound, ſtayeth the bleeding, and healeth it up quickly. The juice of the herb taken in wine and milk, is, as Pliny ſaith, a ſovereign remedy againſt the mumps and quinſy; and further ſaith, that whoſoever ſhall ſo take it, ſhall never be troubled with that diſeaſe again.

Cowſlips, or Peagles.

BOTH the wild and garden Cowſlips are ſo well known, that I will neither trouble myſelf nor the reader with a deſcription of them.

Time.] They flower in April and May.

Government and Virtues.] Venus lays claim to this herb as her own, and it is under the ſign Aries, and our city dames know well enough the ointment or diſtilled wa-

ter of it adds beauty, or at leaſt reſtores it when it is loſt. The flowers are held to be more effectual than the leaves, and the roots of little uſe. An ointment being made with them, taketh away ſpots and wrinkles of the ſkin, ſun-burning and freckles, and adds beauty exceedingly; they remedy all infirmities of the head coming of heat and wind, as vertigo, ephialtes, falſe apparitions, phrenſies, falling ſickneſs, palſies, convulſions, cramps, pains in the nerves; the roots eaſe pains in the back and bladder, and open the paſſages of urine. The leaves are good in wounds, and the flowers take away trembling. If the flowers be not well dried, and kept in a warm place, they will ſoon putrify and look green: Have a ſpecial eye over them. If you let them ſee the ſun once a month, it will do neither the ſun nor them harm.

Becauſe they ſtrengthen the brain and nerves, and remedy palſies, the Greeks gave them the name Paralyſis. The flowers preſerved or conſerved, and the quantity of a nutmeg taken every morning, is a ſufficient doſe for inward diſeaſes; but for wounds, ſpots, wrinkles, and ſun-burnings, an ointment is made of the leaves and hog's greaſe.

Crab's Claws.

CALLED alſo Water Sengreen, Knight's Pond Water, Water Houſeleek, Pond Weed, and Freſh-water Soldier.

Deſcript.] It hath ſundry long narrow leaves, with ſharp prickles on the edges of them alſo, very ſharp-pointed; the ſtalks which bear flowers ſeldom grow ſo high as the leaves, bearing a forked head like a crab's claws, out of which comes a white flower, conſiſting of three leaves, with yellowiſh hairy threads in the middle; it taketh root in the mud in the bottom of the water.

Place.] It groweth plentifully in the fens in Lincolnſhire.

Time.] It flowereth in June, and uſually from thence till Auguſt.

Government and Virtues.] It is a plant under the dominion of Venus, and therefore a great ſtrengthener of the reins; it is excellent good in that inflammation which is commonly called St. Anthony's fire; it aſſuageth all inflammations and ſwellings in wounds; and an ointment made of it, is excellent good to heal them; there is ſcarce a better remedy growing than this is for ſuch

as

as have bruiſed their kidnies, and upon that account piſſing blood; a dram of the powder of the herb taken every morning, is a very good remedy to ſtop the terms.

Black Creſſes.

Deſcript.] IT hath long leaves, deeply cut and jagged on both ſides, not much unlike wild muſtard; the ſtalks ſmall, very limber, though very tough; you may twiſt them round as you may a willow before they break. The ſtones be very ſmall and yellow, after which comes ſmall cods, which contain the ſeed.

Place.] It is a common herb, grows uſually by the way-ſides, and ſometimes upon mud walls about London; but it delights moſt to grow among ſtones and rubbiſh.

Time.] It flowers in June and July, and the ſeed is ripe in Auguſt and September.

Government and Virtues.] It is a plant of a hot and biting nature, under the dominion of Mars. The ſeed of Black Creſſes ſtrengthens the brain exceedingly, being in performing that office little inferior to muſtard-ſeed, if at all; they are excellent good to ſtay thoſe rheums which may fall down from the head upon the lungs; you may beat the ſeed into powder, if you pleaſe, and make it up into an electuary with honey; ſo you have an excellent remedy by you, not only for the premiſes, but alſo for the cough, yellow jaundice, and ſciatica. The herb boiled into a poultice, is an excellent remedy for inflammations, both in women's breaſts and men's teſticles.

Sciatica Creſſes.

Deſcript.] THESE are of two kinds; the firſt riſeth up with a round ſtalk, about two feet high, ſpread into divers branches, whoſe lower leaves are ſomewhat larger than the upper, yet all of them cut or torn on the edges, ſomewhat like garden creſſes, but ſmaller; the flowers are ſmall and white, growing at the tops of branches, where afterwards grow huſks, with ſmall browniſh ſeed therein, very ſtrong and ſharp in taſte, more than the creſſes of the garden; the root is long, white, and woody.

The other hath the lower leaves whole, ſomewhat long and broad, not torn at all, but only ſomewhat deeply dented about the edges towards the ends; but

thoſe that grow up higher are leſſer. The flowers and ſeeds are like the former, and ſo is the root likewiſe, and both root and ſeeds as ſharp as it.

Place.] They grow by the way-ſides in untilled places, and by the ſides of old walls.

Time.] They flower in the end of June, and their ſeed is ripe in July.

Government and Virtues.] It is a Saturnine plant. The leaves, but eſpecially the root, taken freſh in ſummer-time, beaten or made into a poultice or ſalve with old hog's greaſe, and applied to the places pained with the ſciatica, to continue thereon four hours, if it be on a man, and two hours on a woman; the place afterwards bathed with wine and oil mixed together, and then wrapped with wool or ſkins after they have ſweat a little, will aſſuredly cure not only the ſame diſeaſe in hips, huckle-bone, or other of the joints, as gout in the hands or feet, but all other old griefs of the head, (as inveterate rheums) and other parts of the body that are hard to be cured; and if of the former griefs any parts remain, the ſame medicine, after twenty days, is to be applied again. The ſame is alſo effectual in the diſeaſes of the ſpleen; and applied to the ſkin, it taketh away the blemiſhes thereof, whether they be ſcars, leproſy, ſcabs, or ſcurf, which, although it ulcerate the part, yet that is to be helped afterwards with a ſalve made of oil and wax. Eſteem this as another ſecret.

Water Creſſes.

Deſcript.] OUR ordinary Water Creſſes ſpread forth with many weak, hollow, ſappy ſtalks, ſhooting out fibres at the joints, and upwards long winged leaves, made of ſundry broad ſappy almoſt round leaves, of a browniſh colour. The flowers are many and white, ſtanding on long foot-ſtalks, after which come ſmall yellow ſeed, contained in ſmall long pods like horns. The whole plant abideth green in the Winter, and taſteth ſomewhat hot and ſharp.

Place.] They grow (for the moſt part) in ſmall ſtanding waters, yet ſometimes in ſmall rivulets of running water.

Time.] They flower and ſeed in the beginning of Summer.

Government and Virtues.] It is an herb under the dominion of the Moon. They are more powerful againſt the ſcurvy,

scurvy, and to cleanse the blood and humours, than Brooklime is, and serve in all the other uses in which Brooklime is available, as to break the stone, and provoke urine and womens courses. The decoction thereof cleanseth ulcers, by washing them therewith. The leaves bruised, or the juice, is good to be applied to the face, or other parts troubled with freckles, pimples, spots, or the like, at night, and washed away in the morning. The juice mixed with vinegar, and the forepart of the head bathed therewith, is very good for those that are dull and drowsy, or have the lethargy.

Water-cress pottage is a good remedy to cleanse the blood in the Spring, and help head-achs, and consume the gross humours Winter hath left behind; those that would live in health, may use it if they please, if they will not, I cannot help it. If any fancy not pottage, they may eat the herb as a sallet.

Crosswort.

Descript.] COMMON Crosswort groweth up with square hairy brown stalks, a little above a foot high, having four small broad and pointed, hairy, yet smooth green leaves growing at every joint, each against other cross-way, which has caused the name. Towards the tops of the stalks at the joints, with the leaves in three or four rows downwards, stand small, pale, yellow flowers, after which come small blackish round seeds, four for the most part, set in every husk.

The root is very small and full of fibres, or threads, taking good hold of the ground, and spreading with the branches a great deal of ground, which perish not in Winter, although the leaves die every year, and spring again new.

Place.] It groweth in many moist grounds, as well meadows as untilled places about London, in Hampstead church-yard, at Wye in Kent, and sundry other places.

Time.] It flowers from May all the Summer long, in one place or other, as they are open to the sun; the seed ripeneth soon after.

Government and Virtues.] It is under the dominion of Saturn. This is a singular good wound herb, and is used inwardly, not only to stay bleeding of wounds, but to consolidate them, as it doth outwardly any green wound,

which it quickly ſoldereth up and healeth. The decoction of the herb in wine, helpeth to expectorate phlegm out of the cheſt, and is good for obſtructions in the breaſt, ſtomach or bowels, and helpeth a decayed appetite. It is alſo good to waſh any wound or ſore with, to cleanſe and heal it. The herb bruiſed, and then boiled, applied outwardly for certain days together, renewing it often; and in the mean time the decoction of the herb in wine, taken inwardly every day, doth certainly cure the rupture in any, ſo as it be not too inveterate; but very ſpeedily, if it be freſh and lately taken.

Crowfoot.

MANY are the names this furious biting herb hath obtained, almoſt enough to make up a Welchman's pedigree, if he fetch no farther than John of Gaunt, or William the Conqueror; for it is called Frogsfoot from the Greek name Barrakion; Crowfoot, Gold Knobs, Gold Cups, King's Knob, Baffiners, Troil-flowers, Polts, Locket Goulions, and Butterflowers.

Abundance are the ſorts of this herb, that to deſcribe them all would tire the patience of Socrates himſelf; but becauſe I have not yet attained to the ſpirits of Socrates, I ſhall but deſcribe the moſt uſual.

Deſcript.] The moſt common Crowfoot hath many dark green leaves, cut into divers parts, in taſte biting and ſharp, biting and bliſtering the tongue; it bears many flowers, and thoſe of a bright reſplendent yellow colour; I do not remember that I ever ſaw any thing yellower; virgins in ancient time, uſed to make powder of them to furrow bride-beds; after which flowers come ſmall heads, ſome ſpiked and rugged like a pine-apple.

Place.] They grow very common every-where; unleſs you turn your head into a hedge, you cannot but ſee them as you walk.

Time.] They flower in May and June, even till September.

Government and Virtues.] This fiery and hot-ſpirited herb of Mars is no way fit to be given inwardly, but an ointment of the leaves or flowers will draw a bliſter, and may be ſo fitly applied to the nape of the neck to draw back rheum from the eyes. The herb being bruiſed and mixed with a little muſtard, draws a bliſter as well,

and

and as perfectly as Cantharides, and with far leſs danger to the veſſels of urine, which Cantharides naturally delight to wrong: I knew the herb once applied to a peſtilential riſing that was fallen down, and it ſaved life even beyond hope; it were good to keep an ointment and plaiſter of it, if it were but for that.

Cuckow-point.

IT is called Atron, Janus, Barba-aron, Calve's-foot, Ramp, Starchwort, Cuckow-pintle, Prieſt's-pintle, and Wake Robin.

Deſcript.] This ſhooteth forth three, four, or five leaves at the moſt, from one root, every one whereof is ſomewhat large and long, broad at the bottom next the ſtalk, and forked, but ending in a point, without a cut on the edge, of a full green colour, each ſtanding upon a thick round ſtalk, of a hand-breath long, or more, among which, after two or three months that they begin to wither, riſeth up a bare, round, whitiſh green ſtalk, ſpotted and ſtreaked with purple, ſomewhat higher than the leaves: at the top whereof ſtandeth a long hollow huſk, cloſe at the bottom, but open from the middle upwards, ending in a point; in the middle whereof ſtand the ſmall long peſtle or clapper, ſmaller at the bottom than at the top, of a dark purple colour, as the huſk is on the inſide, though green without, which, after it hath ſo abided for ſome time, the huſk with the clapper decayeth, and the foot or bottom thereof groweth to be a ſmall long bunch of berries, green at the firſt, and of a yellowiſh red colour when they are ripe, of the bigneſs of a hazel-nut kernel, which abideth thereon almoſt until Winter; the root is round and ſomewhat long, for the moſt part lying along, the leaves ſhooting forth at the largeſt end, which, when it beareth his berries, are ſomewhat wrinkled and looſe, another growing under it, which is ſolid and firm, with many ſmall threads hanging thereat. The whole plant is of a very ſharp biting taſte, pricking the tongue as nettles do the hands, and ſo abideth for a great while without alteration. The root thereof was anciently uſed inſtead of ſtarch to ſtarch linen with.

There is another ſort of Cuckow-point, with leſſer leaves than the former, and ſometimes harder, having blackiſh ſpots upon them, which for the moſt part abide

longer

longer green in Summer than the former, and both leaves and roots are more ſharp and fierce than it: in all things elſe it is like the former.

Place.] Theſe two ſorts grow frequently almoſt under every hedge ſide in many places in this land.

Time.] They ſhoot forth leaves in the Spring, and continue but until the middle of Summer, or ſomewhat later; their huſks appearing before they fall away, and their fruit ſhewing in April.

Government and Virtues.] It is under the dominion of Mars. Tragus reporteth, that a dram weight, or more, if need be, of the ſpotted Wake Robin, either freſh and green, or dried, being beaten and taken, is a preſent and ſure remedy for poiſon and the plague. The juice of the herb taken to the quantity of a ſpoonful hath the ſame effect. But if there be a little vinegar added thereto, as well as to the root aforeſaid, it ſomewhat allayeth the ſharp biting taſte thereof upon the tongue. The green leaves bruiſed, and laid upon the boil or plague ſore, doth wonderfully help to draw forth the poiſon. A dram of the powder of the dried root taken with twice ſo much ſugar in the form of a licking electuary, or the green root, doth wonderfully help thoſe that are purſy and ſhort-winded, as alſo thoſe that have a cough; it breaketh, digeſteth, and riddeth away phlegm from the ſtomach, cheſt, and lungs. The milk wherein the root hath been boiled is effectual alſo for the ſame purpoſe. The ſaid powder taken in wine or other drink, or the juice of the berries, or the powder of them, or the wine wherein they have been boiled, provoketh urine, and bringeth down womens courſes, and purgeth them effectually after child-bearing, to bring away the after-birth. Taken with ſheep's milk it healeth the inward ulcers of the bowels. The diſtilled water thereof is effectual to all the purpoſes aforeſaid. A ſpoonful taken at a time healeth the itch; and an ounce or more taken at a time for ſome days together, doth help the rupture: The leaves, either green or dry, or the juice of them, doth cleanſe all manner of rotten and filthy ulcers, in what part of the body ſoever; and healeth the ſtinking ſores in the noſe, called Polypus. The water wherein the root hath been boiled, dropped into the eyes, cleanſeth them from any film or ſkin, cloud or miſts, which begin to hinder the ſight, and helpeth the watering and redneſs of them, or when, by ſome chance, they become black

black and blue. The root mixed with bean-flour, and applied to the throat or jaws that are inflamed, helpeth them. The juice of the berries boiled in oil of roſes, or beaten into powder mixed with the oil, and dropped into the ears, eaſeth pains in them. The berries, or the roots beaten with hot ox-dung, and applied, eaſeth the pains of the gout. The leaves and roots boiled in wine with a little oil, and applied to the piles, or the falling down of the fundament, eaſeth them, and ſo doth ſitting over the hot fumes thereof. The freſh roots bruiſed and diſtilled with a little milk, yieldeth a moſt ſovereign water to cleanſe the ſkin from ſcurf, freckles, ſpots, or blemiſhes, whatſoever therein.

Authors have left large commendations of this herb you ſee, but for my part, I have neither ſpoken with Dr. Reaſon, nor Dr. Experience about it.

Cucumbers.

Government and Virtues.] THERE is no diſpute to be made, but that they are under the dominion of the Moon, though they are ſo much cried out againſt for their coldneſs, and if they were but one degree colder they would be poiſon. The beſt of Galeniſts hold them to be cold and moiſt in the ſecond degree, and then not ſo hot as either lettuces or purſlain: they are excellent good for a hot ſtomach, and hot liver; the unmeaſurable uſe of them fills the body full of raw humours, and ſo indeed the unmeaſurable uſe of any thing elſe doth harm. The face being waſhed with their juice cleanſeth the ſkin, and is excellent good for hot rheums in the eyes; the ſeed is excellent good to provoke urine, and cleanſeth the paſſages thereof when they are ſtopped; there is not a better remedy for ulcers in the bladder growing than Cucumbers are. The uſual courſe is, to uſe the ſeeds in emulſions, as they make almond milk; but a far better way (in my opinion) is this: When the ſeaſon of the year is, take the Cucumbers and bruiſe them well and diſtil the water from them, and let ſuch as are troubled with ulcers in the bladder drink no other drink. The face being waſhed with the ſame water, cureth the reddeſt face that is; it is alſo excellent good for ſun-burning, freckles, and morphew.

Daiſies.

Daiſies.

THESE are ſo well known almoſt to every child, that I ſuppoſe it needleſs to write any deſcription of them. Take therefore the virtues of them as followeth.

Government and Virtues.] The herb is under the ſign Cancer, and under the dominion of Venus, and therefore excellent good for wounds in the breaſt, and very fitting to be kept both in oils, ointments and plaiſters, as alſo in ſyrup. The greater wild Daiſey is a wound herb of good reſpect, often uſed in thoſe drinks or ſalves that are for wounds, either inward or outward. The juice or diſtilled water of theſe, or the ſmall Daiſey, doth much temper the heat and choler, and refreſh the liver, and the other inward parts. A decoction made of them and drank, helpeth to cure the wounds made in the hollowneſs of the breaſt. The ſame cureth alſo all ulcers and puſtules in the mouth or tongue, or in the ſecret parts. The leaves bruiſed and applied to the cods, or any other parts that are ſwoln and hot, doth diſſolve it, and temper the heat. A decoction made thereof, of wallwort and agrimony, and places fomented or bathed therewith warm, giveth great eaſe to them that are troubled with the palſy, ſciatica, or the gout. The ſame alſo diſperſeth and diſſolveth the knots or kernels that grow in the fleſh of any part of the body, and bruiſes and hurts that come of falls and blows; they are alſo uſed for ruptures, and other inward burnings, with very good ſucceſs. An ointment made thereof doth wonderfully help all wounds that have inflammations about them, or by reaſon of moiſt humours having acceſs unto them, are kept long from healing, and ſuch are thoſe, for the moſt part, that happen to joints of the arms or legs. The juice of them dropped into the running eyes of any, doth much help them.

Dandelion, vulgarly called Piſs-a-Beds.

Deſcript.] IT is well known to have many long and deep gaſhed leaves, lying on the ground round about the head of the roots; the ends of each gaſh or jag, on both ſides looking downwards towards the roots; the middle rib being white, which being broken, yieldeth abundance of bitter milk, but the root much more; from among the leaves, which always abide green, ariſe many ſlender,

ſlender, weak, naked foot ſtalks, every one of them bearing at the top one large yellow flower, conſiſting of many rows of yellow leaves, broad at the points, and nicked in with deep ſpots of yellow in the middle, which growing ripe, the green huſk wherein the flowers ſtood turns itſelf down to the ſtalk, and the head of down becomes as round as a ball; with long reddiſh ſeed underneath, bearing a part of the down on the head of every one, which together is blown away with the wind, or may be at once blown away with one's mouth. The root growing downwards exceeding deep, which being broken off within the ground, will yet ſhoot forth again, and will hardly be deſtroyed where it hath once taken deep root in the ground.

Place.] It groweth frequently in all meadows and paſture-grounds.

Time.] It flowereth in one place or other almoſt all the year long.

Government and Virtues.] It is under the dominion of Jupiter. It is of an opening and cleanſing quality, and therefore very effectual for the obſtructions of the liver, gall and ſpleen, and the diſeaſes that ariſe from them, as the jaundice and hypochondriac; it openeth the paſſages of the urine both in young and old; powerfully cleanſeth impoſthumes and inward ulcers in the urinary paſſage, and by its drying and temperate quality doth afterwards heal them; for which purpoſe the decoction of the roots or leaves in white wine, or the leaves chopped as pot-herbs, with a few aliſanders, and boiled in their broth, are very effectual. And whoever is drawing towards a conſumption, or an evil diſpoſition of the whole body, called Cachexia, by the uſe hereof for ſome time together, ſhall find a wonderful help. It helpeth alſo to procure reſt and ſleep to bodies diſtempered by the heat of ague fits, or otherwiſe: The diſtilled water is effectual to drink in peſtilential fevers, and to waſh the ſores.

You ſee here what virtues this common herb hath, and that is the reaſon the French and Dutch ſo often eat them in the Spring: and now, if you look a little farther, you may ſee plainly, without a pair of ſpectacles, that foreign phyſicians are not ſo ſelfiſh as ours are, but more communicative of the virtues of plants to people.

Darnel.

Darnel.

IT is called Jum and Wray, in Suſſex they call it Crop, it being a peſtilent enemy among corn.

Deſcript.] This hath all the Winter long, ſundry long, flat, and rough leaves, which, when the ſtalk riſeth, which is ſlender and jointed, are narrower, but rough ſtill; on the top groweth a long ſpike, compoſed of many heads ſet one above another, containing two or three huſks, with ſharp but ſhort beards of awns at the end; the ſeed is eaſily ſhaked out of the ear, the huſk itſelf being ſomewhat rough.

Place.] The country huſbandmen do know this too well to grow among their corn, or in the borders and pathways of the other fields that are fallow.

Government and Virtues.] It is a malicious part of ſullen Saturn. As it is not without ſome vices, ſo hath it alſo many virtues. The meal of Darnel is very good to ſtay gangrenes and other ſuch like fretting and eating cankers and putrid ſores; it alſo cleanſeth the ſkin of all leproſies, morphews, ringworms and the like, if it be uſed with ſalt and reddiſh roots. And being uſed with quick brimſtone and vinegar, it diſſolveth knots and kernels, and breaketh thoſe that are hard to be diſſolved, being boiled in wine with pigeon's dung and linſeed. A decoction thereof made with water and honey, and the places bathed therewith is profitable for the ſciatica. Darnel meal applied in a poultice draweth forth ſplinters and broken bones in the fleſh. The red Darnel boiled in red wine and taken, ſtayeth the laſk and all other fluxes, and womens bloody iſſues, and reſtraineth urine that paſſeth away too ſuddenly.

Dill.

Deſcript.] THE common Dill groweth up with ſeldom more than one ſtalk, neither ſo high nor ſo great uſually as Fennel, being round and fewer joints thereon, whoſe leaves are ſadder and ſomewhat long, and ſo like fennel that it deceiveth many, but harder in handling, and ſomewhat thicker, and of a ſtronger unpleaſant ſcent; the tops of the ſtalks have four branches, and ſmaller umbels of yellow flowers, which turn into ſmall ſeed, ſomewhat flatter and thinner than Fennel ſeed. The root is ſomewhat ſmall and woody, periſheth every year after it hath borne ſeed, and is alſo unprofitable, being never put to any uſe. *Place.*]

Place.] It is moſt uſually ſown in gardens and grounds for the purpoſe, and is alſo found in many wild places.

Government and Virtues.] Mercury hath the dominion of this plant, and therefore to be ſure it ſtrengthens the brain. The Dill being boiled and drank, is good to eaſe ſwellings and pains; it alſo ſtayeth the belly and ſtomach from caſting. The decoction thereof helpeth women that are troubled with pains and windineſs of the mother, if they ſit therein. It ſtayeth the hiccough, being boiled in wine, and but ſmelled unto, being tied in a cloth. The ſeed is of more uſe than the leaves, and more effectual to digeſt raw and viſcous humours, and is uſed in medicines that ſerve to expel wind, and the pains proceeding therefrom. The ſeed being roaſted or fried, and uſed in oils or plaiſters, diſſolve the impoſthumes in the fundament; and drieth up all moiſt ulcers, eſpecially in the fundament; an oil made of Dill is effectual to warm or diſſolve humours and impoſthumes, to eaſe pains and procure reſt. The decoction of Dill, be it herb or ſeed (only if you boil the ſeed you muſt bruiſe it) in white wine, being drank, it is a gallant expeller of wind, and provoker of the terms.

Devil's Bit.

Deſcript.] THIS riſes up with a round green ſmooth ſtalk, about 2 feet high, ſet with divers long and ſomewhat narrow, ſmooth, dark green leaves, ſomewhat nipp'd about the edges, for the moſt part, being elſe all whole, and not divided at all, or but very ſeldom, even to the tops of the branches, which yet are ſmaller than thoſe below, with one rib only in the middle. At the end of each branch ſtandeth a round head of many flowers ſet together in the ſame manner, or more neatly than Scabions, and of a more bluiſh purple colour, which being paſt, there followeth ſeed that falleth away. The root ſomewhat thick, but ſhort and blackiſh, with many ſtrings, abiding after ſeed time many years. This root was longer, until the devil (as the friars ſay) bit away the reſt of it for ſpite, envying its uſefulneſs to mankind; for ſure he was not troubled with any diſeaſe for which it is proper.

There are two other ſorts hereof, in nothing unlike the former, ſave that the one beareth white, and the other bluſh-coloured flowers.

Place.]

Place.] The firſt groweth as well in dry meadows and fields as moiſt, in many places of this land; but the other two are more rare, and hard to be met with, yet they are both found growing wild about Appledore, near Rye in Kent.

Time.] They flower not uſually until Auguſt.

Government and Virtues.] The plant is venereal, pleaſing and harmleſs. The herb or the root, (all that the devil hath left of it) being boiled in wine and drank is very powerful againſt the plague and all peſtilential diſeaſes or fevers, poiſons alſo, and the bitings of venomous beaſts; it helpeth all thoſe that are inwardly bruiſed by any caſualty, or outwardly by falls or blows, diſſolving the clotted blood; and the herb or root beaten and outwardly applied, taketh away the black and blue marks that remain in the ſkin. The decoction of the herb, with honey of roſes put therein, is very effectual to help the inveterate tumours and ſwellings of the almonds and throat, by often gargling the throat therewith; it helpeth alſo to procure womens courſes, and eaſeth all pains of the mother, and to break and diſſuſs wind therein, and in the bowels. The powder of the root taken in drink, driveth forth the worms in the body. The juice, or diſtilled water of the herb, is effectual for green wounds, or old ſores, and cleanſeth the body inwardly, and the ſeed outwardly from ſores, ſcurf, itch, pimples, freckles, morphew, or other deformities thereof, eſpecially if a little vitriol be diſſolved therein.

Dock.

MANY kinds of theſe are ſo well known, that I ſhall not trouble you with a deſcription of them. My book grows big too faſt.

Government and Virtues.] All Docks are under Jupiter, of which the red Dock, which is commonly called Bloodwort, cleanſeth the blood, and ſtrengthens the liver; but the yellow Dock root is beſt to be taken when either the blood or liver is affected by choler. All of them leave a kind of cooling (but not all alike) drying quality, the former being moſt cold; and the bloodyworts moſt drying. Of the Burdock I have ſpoken already by itſelf. The ſeed of moſt of the other kinds, whether the gardens or fields, do ſtay laſks and fluxes of all ſorts, the loathing of the ſtomach through choler, and

and is helpful for thoſe that ſpit blood. The roots boiled in vinegar helpeth the itch, ſcabs, breaking out of the ſkin, if it be bathed therewith. The diſtilled water of the herb and roots have the ſame virtue, and cleanſeth the ſkin from freckles, morphews, and all other ſpots and diſcolourings therein.

All Docks being boiled with meat, make it boil the ſooner; beſides Blood-wort is exceeding ſtrengthening to the liver, and procures good blood, being as wholeſome a pot-herb as any grows in a garden; yet ſuch is the nicety of our times (forſooth) that women will not put it into a pot, becauſe it makes the pottage black; (pride and ignorance a couple of monſters in the creation) preferring nicety before health.

Dodder of Thyme, Epithymum, and other Dodders.

Deſcript.] THIS firſt from ſeed giveth roots in the ground, which ſhooteth forth threads or ſtrings, groſſer or finer as the property of the plant wherein it groweth, and the climate doth ſuffer, creeping and ſpreading on that plant whereon it faſteneth, be it high or low. The ſtrings have no leaves at all upon them, but wind and interlace themſelves ſo thick upon a ſmall plant, that it taketh away all comfort of the ſun from it; and is ready to choak or ſtrangle it. After theſe ſtrings are riſen up to that height, that they may draw nouriſhment from that plant, they ſeem to be broken off from the ground, either by the ſtrength of their riſing or withered by the heat of the ſun. Upon theſe ſtrings are found cluſters of ſmall head or huſks, out of which ſhoot forth whitiſh flowers, which afterwards give ſmall pale coloured ſeed, ſomewhat flat, and twice as big as Poppy-ſeed. It generally participates of the nature of the plant which it climbeth upon; but the Dodder of Thyme is accounted the beſt, and is the only true Epithymum.

Government and Virtues.] All Dodders are under Saturn. Tell not me of phyſicians crying up Epithymum, or that Dodder which grows upon Thyme, (moſt of which comes from Hemetius in Greece, or Hybla in Sicily, becauſe thoſe mountains abound with Thyme) he is a phyſician indeed, that hath wit enough to chooſe his Dodder, according to the nature of the diſeaſe and humour peccant. We confeſs Thyme is the hotteſt herb

it

it uſually grows upon; and therefore that which grows upon Thyme is hotter than that which grows upon colder herbs; for it draws nouriſhment from what it grows upon, as well as from the earth where its root is, and thus you ſee old Saturn is wiſe enough to have two ſtrings to his bow. This is accounted the moſt effectual for melancholy diſeaſes, and to purge black or burnt choler, which is the cauſe of many diſeaſes of the head and brain, as alſo for the trembling of the heart, faintings and ſwoonings. It is helpful in all diſeaſes and griefs of the ſpleen, and melancholy that ariſes from the windineſs of the hypocondria; it purgeth alſo the reins or kidnies by urine; it openeth obſtructions of the gall, whereby it profiteth them that have the jaundice; as alſo the leaves, the ſpleen; purging the veins of the choleric and phlegmatic humours, and helpeth children in agues, a little worm ſeed being put thereto.

The other Dodders do (as I ſaid before) participate of the nature of thoſe plants whereon they grow; as that which hath been found growing upon nettles in the Weſt-country, hath by experience, been found very effectual to procure plenty of urine, where it hath been ſtopped or hindered, and ſo of the reſt.

Sympathy and antipathy are two hinges upon which the whole mode of phyſic turns; and that phyſician which minds them not, is like a door from off the hooks, more like to do a man miſchief, than to ſecure him. Then all the diſeaſes Saturn cauſeth, this helps by ſympathy, and ſtrengthens all parts of the body he rules; ſuch as be cauſed by Sol, it helps by antipathy. What thoſe diſeaſes are, ſee my judgment of diſeaſes by aſtrology; and if you be pleaſed to look at the herb Wormwood, you ſhall find a rational way for it.

Dog's-Graſs, or Couch-Graſs.

Deſcript.] IT is well known, that the graſs creepeth far about under the ground, with long white jointed roots, and ſmall fibres almoſt at every joint, very ſweet in taſte, as the reſt of the herb is, and interlacing one another, from whence ſhoot forth many fair graſſy leaves, ſmall at the ends, and cutting or ſharp on the edges. The ſtalks are jointed like corn, with the like leaves on them, and a large ſpiked head, with a long huſk

huſk in them, and hard rough ſeed in them. If you know it not by this deſcription, watch the dogs when they are ſick, and they will quickly lead you to it.

Place.] It groweth commonly through this land, in divers ploughed grounds, to the no ſmall trouble of the huſbandmen, as alſo of the gardeners, in gardens, to weed it out, if they can; for it is a conſtant cuſtomer to the place it gets footing in.

Government and Virtues.] 'Tis under the dominion of Jupiter, and is moſt medicinable of all the Quick-graſſes. Being boiled and drank, it openeth obſtructions of the liver and gall, and the ſtopping of urine, and eaſeth the griping pains of the belly, and inflammations; waſteth the matter of the ſtone in the bladder, and the ulcers thereof alſo. The roots bruiſed and applied do conſolidate wounds. The ſeed doth more powerfully expel urine, and ſtayeth the laſk and vomiting. The diſtilled water alone, or with a little wormſeed, killeth the worms in children.

The way of uſe is to bruiſe the roots, and having well boiled them in white wine, drink the decoction; 'tis opening, but not purging, very ſafe; 'tis a remedy againſt all diſeaſes coming of ſtopping, and ſuch are half thoſe that are incident to the body of man; and although a gardener be of another opinion, yet a phyſician holds half an acre of them to be worth five acres of Carrots twice told over.

Dove's-Foot, or Crane's-Bill.

Deſcript.] THIS hath divers ſmall, round, pale-green leaves, cut in about the edges, much like mallows, ſtanding upon long, reddiſh, hairy ſtalks, lying in a round compaſs upon the ground; among which riſe up two, or three, or more reddiſh jointed, ſlender, weak, hairy ſtalks, with ſuch like leaves thereon, but ſmaller, and more cut in up to the tops, where grow many very ſmall bright red flowers, of five leaves a-piece; after which follow ſmall heads, with ſmall ſhort beaks pointed forth, as all other ſorts of thoſe herbs do.

Place.] It groweth in paſture grounds, and by the path ſides in many places, and will alſo be in gardens.

Time.] It flowereth in June, July, and Auguſt, ſome earlier, and ſome later; and the ſeed is ripe quickly after.

Govern-

Government and Virtues.] It is a very gentle, though martial plant. It is found by experience to be ſingular good for the wind colic, as alſo to expel the ſtone and gravel in the kidnies. The decoction thereof in wine, is an excellent good cure for thoſe that have inward wounds, hurts, or bruiſes, both to ſtay the bleeding, to diſſolve and expel the congealed blood, and to heal the parts, alſo to cleanſe and heal outward ſores, ulcers, and fiſtulas; and for green wounds, many do only bruiſe the herb, and apply it to the place, and it healeth them quickly. The ſame decoction in wine, fomented to any place pained with the gout, or to joint-aches, or pain of the ſinews, giveth much eaſe. The powder or decoction of the herb taken for ſome time together, is found by experience to be ſingular good for ruptures and burſtings in people, either young or old.

Duck's Meat.

THIS is ſo well known to ſwim on the top of ſtanding waters, as ponds, pools and ditches, that it is needleſs further to deſcribe it.

Government and Virtues.] Cancer claims the herb, and the Moon will be lady of it; a word is enough to a wiſe man. It is effectual to help inflammations, and St. Anthony's fire, as alſo the gout, either applied by itſelf, or in a poultice with barley meal. The diſtilled water by ſome is highly eſteemed a ainſt all inward inflammations and peſtilent fevers; as alſo to help the redneſs of the eyes and ſwellings of the cods, and of the breaſts before they be grown too much. The freſh herb applied to the forehead, eaſeth the pains of the head-ach coming of heat.

Down, or Cotton Thiſtle.

Deſcript.] THIS hath large leaves lying on the ground, ſomewhat cut in, and as it were crumpled on the edges, of a green colour on the upper ſide, but covered with long hairy wool, or Cotton Down, ſet with moſt ſharp and cruel pricks, from the middle of whoſe heads of flowers, thruſt forth many purpliſh crimſon threads, and ſometimes (although very ſeldom) white ones, the ſeed that followeth in the heads, lying in a great deal of white down, is ſomewhat large, long, and round, like the ſeed of ladies thiſtle, but ſomewhat paler. The root is great and thick, ſpreading much, yet it uſually dieth after ſeed-time. *Place.*]

Place.] It groweth in divers ditches, banks, and in corn fields and highways, generally everywhere throughout the land.

Time] It flowereth and beareth ſeed about the end of Summer, when other thiſtles do flower and ſeed.

Government and Virtues.] Mars owns the plant, and manifeſts to the world, that though it may hurt your finger, it will help your body; for I fancy it much for the enſuing virtues. Pliny and Dioſcorides write, That the leaves and roots thereof taken in drink, help thoſe that have a crick in their neck, whereby they cannot turn their neck, but their whole body muſt turn alſo (ſure they do not mean thoſe that have got a crick in their neck by being under the hangman's hand). Galen ſaith, that the root and leaves hereof are of a heating quality, and good for ſuch perſons as have their bodies drawn together by ſome ſpaſm or convulſions, as it is with children that have the rickets, or rather (as the college of phyſicians will have it) the Rachites, for which name of the diſeaſe they have (in a particular treatiſe lately ſet forth by them) learnedly diſputed and put forth to public view, that the world may ſee they have took much pains to little purpoſe.

Dragons.

THEY are ſo well known to every one that plants them in their gardens, they need no deſcription; if not, let them look down to the lower end of the ſtalks, and ſee how like a ſnake they look.

Government and Virtues.] The plant is under the dominion of Mars, and therefore it would be a wonder if it ſhould want ſome obnoxious quality or other; in all herbs of that quality, the ſafeſt way is either to diſtil the herb in an alembick, in what vehicle you pleaſe, or elſe to preſs out the juice, and diſtil that in a glaſs ſtill in ſand. It ſcoureth and cleanſeth the internal parts of the body mightily, and it cleareth the external parts alſo, being externally applied, from freckles, morphew, and ſun-burning: Your beſt way to uſe it externally, is to mix it with vinegar; an ointment of it is held to be good in wounds and ulcers; it conſumes cankers, and that fleſh growing in the noſtrils, which they call Polypus: Alſo the diſtilled water being dropped into the eyes, taketh

away ſpots there, or the pin and web, and mends the dimneſs of ſight; it is excellent good againſt peſtilence and poiſon. Pliny and Dioſcorides affirm, that no ſerpent will meddle with him that carries this herb about him.

The Elder Tree.

I Hold it needleſs to write any deſcription of this, ſince every boy that plays with a pop-gun will not miſtake another tree inſtead of Elder. I ſhall therefore in this place only deſcribe the Dwarf Elder, called alſo Dead-wort, and Wall-wort.

The Dwarf Elder.

Deſcript.] THIS is but an herb every year, dying with his ſtalks to the ground, and riſing freſh every Spring, and is like unto the Elder both in form and quality, riſing up with a ſquare rough hairy ſtalk, four feet high, or more ſometimes. The winged leaves are ſomewhat narrower than the Elder, but elſe like them. The flowers are white with a daſh of purple, ſtanding in umbels, very like the Elder alſo, but more ſweet in ſcent; after which, come ſmall blackiſh berries, full of juice while they are freſh, wherein is ſmall hard kernels, or ſeed. The root doth creep under the upper cruſt of the ground, ſpringing in divers places, being of the bigneſs of one's finger or thumb ſometimes.

Place.] The Elder-tree groweth in hedges, being planted there to ſtrengthen the fences and partitions of ground, and to hold the banks by ditches and water-courſes.

The Dwarf Elder growing wild in many places of England, where being once gotten into a ground, it is not eaſily gotten forth again.

Time.] Moſt of the Elder Trees flower in June, and their fruit is ripe for the moſt part in Auguſt. But the Dwarf Elder, or Wallwort, flowereth ſomewhat later, and his fruit is not ripe until September.

Government and Virtues.] Both Elder and Dwarf Tree are under the dominion of Venus. The firſt ſhoots of the common Elder boiled like aſparagus, and the young leaves and ſtalks boiled in fat broth, doth mightily carry forth phlegm and choler. The middle or inward bark boiled in water, and given in drink, worketh much more violently, and the berries, either green or dry, expel the ſame humour, and are often given with good

ſucceſs

ſucceſs to help the dropſy; the bark of the root boiled in wine, or the juice thereof drank, worketh the ſame effects, but more powerfully than either the leaves or fruit. The juice of the root taken, doth mightily procure vomitings, and purgeth the watery humours of the dropſy. The decoction of the root taken, cureth the bite of an adder, and biting of mad dogs. It mollifieth the hardneſs of the mother, if a woman ſit thereon, and openeth their veins, and bringeth down their courſes: The berries boiled in wine performeth the ſame effect; and the hair of the head waſhed therewith, is made black. The juice of the green leaves applied to the hot inflammations of the eyes aſſuageth them; the juice of the leaves ſnuffed up into the noſtrils, purgeth the tunicles of the brain; the juice of the berries boiled with honey, and dropped into the ears, helpeth the pains of them; the decoction of the berries in wine being drank provoketh urine; the diſtilled water of the flowers, is of much uſe to clean the ſkin from ſun-burning, freckles, morphew, or the like; and taketh away the head-ach, coming of a cold cauſe, the head being bathed therewith. The leaves or flowers diſtilled in the month of May, and the legs often waſhed with the ſaid diſtilled water, it taketh away the ulcers and ſores of them. The eyes waſhed therewith, it taketh away the redneſs and blood-ſhot; and the hands waſhed morning and evening therewith, helpeth the palſy, and ſhaking of them.

The Dwarf Elder is more powerful than the common Elder in opening and purging choler, phlegm, and water; in helping the gout, piles, and womens diſeaſes, coloureth the hair black, helpeth the inflammations of the eyes, and pains in the ears, the biting of ſerpents, or mad dogs, burnings and ſcaldings, the wind colick, colick and ſtone, the difficulty of urine, the cure of old ſores, and fiſtulous ulcers. Either leaves or bark of Elder ſtripped upwards as you gather it, cauſeth vomiting. Alſo Dr. Butler in a manuſcript of his, commends Dwarf Elder to the ſky for dropſies, viz. to drink it, being boiled in white wine; to drink the decoction I mean not the Elder.

The Elm Tree.

THIS tree is ſo well known, growing generally in all counties of this land, that it is needleſs to deſcribe it.

Government and Virtues.] It is a cold and Saturnine plant. The leaves thereof bruiſed and applied, heal green wounds, being bound thereon with its own bark. The leaves or the bark uſed with vinegar, cureth ſcurf and leproſy very effectually: The decoction of the leaves, bark, or root, being bathed, heals broken bones. The water that is found in the bladders on the leaves, while it is freſh, is very effectual to cleanſe the ſkin, and make it fair; and if cloths be often wet therein, and applied to the ruptures of children, it healeth them, if they be well bound up with a truſs. The ſaid water put into a glaſs, and ſet into the ground, or elſe in dung for twenty-five days, the mouth thereof being cloſe ſtopped, and the bottom ſet upon a lay of ordinary ſalt, that the fœces may ſettle and water become clear, is a ſingular and ſovereign balm for green wounds, being uſed with ſoft tents: The decoction of the bark of the root fomented, mollifieth hard tumours, and the ſhrinking of the ſinews. The roots of the Elm boiled for a long time in water, and the fat ariſing on the top thereof, being clean ſcummed off, and the place anointed therewith that is grown bald, and the hair fallen away, will quickly reſtore them again. The ſaid bark ground with brine and pickle, until it come to the form of a poultice, and laid on the place pained with the gout, giveth great eaſe. The decoction of the bark in water, is excellent to bathe ſuch places as have been burnt with fire.

Endive.

Deſcript.] COMMON garden Endive beareth a longer and larger leaf than ſuccory, and abideth but one year, quickly running up to ſtalk and ſeed, and then periſheth; it hath blue flowers, and the ſeed of the ordinary Endive is ſo like ſuccory ſeed, that it is hard to diſtinguiſh them.

Government and Virtues.] It is a fine cooling, cleanſing, jovial plant. The decoction of the leaves, or the juice, or the diſtilled water of Endive, ſerveth well to cool the exceſſive heat of the liver and ſtomach, and in the hot fits of agues, and all other inflammations in any part of the body; it cooleth the heat and ſharpneſs of the urine, and excoriations in the urinary parts. The ſeeds are of the ſame property, or rather more powerful, and beſides

beſides are available for fainting, ſwoonings, and paſſions of the heart. Outwardly applied, they ſerve to temper the ſharp humours of fretting ulcers, hot tumours, ſwellings, and peſtilential ſores; and wonderfully help not only the redneſs and inflammations of the eyes, but the dimneſs of the ſight alſo; they are alſo uſed to allay the pains of the gout; you cannot uſe it amiſs; a ſyrup of it is a fine cooling medicine for fevers. See the end of this book, and the Engliſh Diſpenſatory.

Elecampane.

Deſcript.] IT ſhooteth forth many large leaves, long and broad, lying near the ground, ſmall at both ends, ſomewhat ſoft in handling, of a whitiſh green on the upper ſide, and grey underneath, each ſet upon a ſhort foot-ſtalk, from among which riſe up divers great and ſtrong hairy ſtalks, three or four feet high, with ſome leaves thereupon compaſſing them about at the lower end, and are branched towards the tops, bearing divers great and large flowers, like thoſe of the corn-marigold, both the border of leaves and the middle thrum being yellow, which turn into down, with long, ſmall, browniſh ſeeds among it, and is carried away with the wind. The root is great and thick, branched forth divers ways, blackiſh on the outſide, and whitiſh within, of a very bitter taſte, and ſtrong, but good ſcent, eſpecially when they are dried, no part elſe of the plant having any ſmell.

Place.] It groweth in moiſt grounds and ſhadowy places, oftener than in the dry and open borders of fields and lanes, and in other waſte places, almoſt in every county of this land.

Time.] It flowereth in the end of June and July, and the ſeed is ripe in Auguſt. The roots are gathered for uſe, as well in the Spring before the leaves come forth, as in Autumn or Winter.

Government and Virtues.] It is a plant under the dominion of Mercury. The freſh roots of Elecampane preſerved with ſugar, or made into a ſyrup or conſerve, are very effectual to warm a cold windy ſtomach, or the pricking therein, and ſtitches in the ſides cauſed by the ſpleen; and to help the cough, ſhortneſs of breath, and wheezing in the lungs. The dried root made into powder, and mixed with ſugar and taken, ſerveth to the ſame purpoſe; and is alſo profitable for thoſe who have

their urine ſtopped, or the ſtopping of womens courſes, the pains of the mother, and of the ſtone in the reins, kidnies, or bladder; it reſiſteth poiſon, and ſtayeth the ſpreading of the venom of ſerpents, as alſo putrid and peſtilential fevers, and the plague itſelf. The roots and herbs beaten and put into new ale or beer, and daily drank, cleareth, ſtrengtheneth, and quickeneth the ſight of the eyes wonderfully. The decoction of the roots in wine, or the juice taken therein, killeth and driveth forth all manner of worms in the belly, ſtomach, and maw; and gargled in the mouth, or the root chewed, faſteneth looſe teeth, and helps to keep them from putrefaction; and being drank, is good for thoſe that ſpit blood, helpeth to remove cramps or convulſions, gout, ſciatica, pains in the joints, applied outwardly or inwardly, and is alſo good for thoſe that are burſten, or have any inward bruiſe. The root boiled well in vinegar, beaten afterwards, and made into an ointment with hog's ſuet, or oil of trotters, is an excellent remedy for ſcabs or itch in young or old; the places alſo bathed or waſhed with the decoction, doth the ſame; it alſo helpeth all ſorts of filthy old putrid ſores or cankers whatſoever. In the roots of this herb lieth the chief effect for the remedies aforeſaid. The diſtilled water of the leaves and roots together, is very profitable to cleanſe the ſkin of the face, or other parts, from any morphew, ſpots, or blemiſhes therein, and make it clear.

Eringo, or Sea Holly.

Deſcript.] THE firſt leaves of our ordinary Sea Holly, are nothing ſo hard and prickly as when they grow old, being almoſt round, and deeply dented about the edges, hard and ſharp-pointed, and a little crumpled, of a bluiſh green colour, every one upon a long foot-ſtalk; but thoſe that grow up higher with the ſtalk, do as it were compaſs it about. The ſtalk itſelf is round and ſtrong, yet ſomewhat creſted with joints, and leaves ſet thereat, but more divided, ſharp and prickly, and branches riſing from thence, which have likewiſe other ſmall branches, each of them having ſeveral bluiſh and prickly heads, with many ſmall, jagged, prickly leaves under them, ſtanding like a ſtar, and ſometimes found greeniſh or whitiſh; the root groweth wonderful long, even to eight or ten feet in length, ſet with rings and circles towards the upper part, cut

cut ſmooth and without joints down lower, browniſh on the outſide, and very white within, with a pith in the middle, of a pleaſant taſte, but much more, being artificially preſerved, and candied with ſugar.

Place.] It is found about the ſea coaſt in almoſt every county of this land, which bordereth on the ſea.

Time.] It flowereth in the end of Summer, and giveth ripe ſeed within a month after.

Government and Virtues.] The plant is venereal, and breedeth ſeed exceedingly, and ſtrengthens the ſpirit procreative; it is hot and moiſt, and under the celeſtial balance. The decoction of the root hereof in wine, is very effectual to open obſtructions of the ſpleen and liver, and helpeth yellow jaundice, dropſy, pains of the loins, and wind colic, provoketh urine, and expelleth the ſtone, procureth womens courſes. The continued uſe of the decoction for fifteen days, taken faſting, and next to bedward, doth help the ſtrangury, the piſſing by drops, the ſtopping of urine, ſtone, and all defects of the reins and kidnies; and if the ſaid drink be continued longer, it is found good againſt the French pox. The roots bruiſed and applied outwardly, helpeth the kernels of the throat, commonly called the King's evil; or taken inwardly, and applied to the place ſtung or bitten by any ſerpent, healeth it ſpeedily. If the roots be bruiſed and boiled in hog's greaſe, or ſalted lard, and applied to broken bones, thorns, &c. remaining in the fleſh, they do not only draw them forth, but heal up the place again, gathering new fleſh where it was conſumed. The juice of the leaves dropped into the ear, helpeth impoſthumes therein. The diſtilled water of the whole herb, when the leaves and ſtalks are young, is profitably drank for all the purpoſes aforeſaid; and helpeth the melancholy of the heart, and is available in quartan and quotidian agues, as alſo for them that have their necks drawn awry, and cannot turn them without turning their whole body.

Eyebright.

Deſcript.] COMMON Eyebright is a ſmall low herb, riſing up uſually but with one blackiſh green ſtalk a ſpan high, or not much more, ſpread from the bottom into ſundry branches, whereon are ſmall and

almoſt round, yet pointed, dark green leaves, finely ſnipped about the edges, two always ſet together, and very thick. At the joints with the leaves, from the middle upward, come forth ſmall white flowers, ſteeped with purple and yellow ſpots or ſtripes; after which follow ſmall round heads, with very ſmall ſeed therein. The root is long, ſmall, and thready at the end.

Place.] It groweth in meadows, and graſſy places in this land.

Government and Virtues.] It is under the ſign of the Lion, and Sol claims dominion over it. If the herb was but as much uſed as it is neglected, it would half ſpoil the ſpectacle-maker's trade; and a man would think, that reaſon ſhould teach people to prefer the preſervation of their natural before artificial ſpectacles, which that they may be inſtructed how to do, take the virtues of the Eyebright as followeth:

The juice, or diſtilled water of Eyebright, taken inwardly in white wine or broth, or dropped into the eyes, for divers days together, helpeth all infirmities of the eyes that cauſe dimneſs of ſight. Some make conſerve of the flowers to the ſame effect. Being uſed any of the ways, it alſo helpeth a weak brain or memory. This tunned up with ſtrong beer that it may work together, and drank, or the powder of the dried herb mixed with ſugar, a little mace and Fennel-ſeed, and drank, or eaten in broth; or the ſaid powder made into an electuary with ſugar, and taken, hath the ſame powerful effect to help and reſtore the ſight decayed through age; and Arnoldus de Villa Nova ſaith, it hath reſtored ſight to them that have been blind a long time before.

Fern.

Deſcript. OF this there are two kinds principally to be treated of, *viz*, the Male and Female. The Female groweth higher than the Male, but the leaves thereof are leſſer, and more divided or dented, and of as ſtrong a ſmell as the Male; the virtue of them are both alike, and therefore I ſhall not trouble you with any deſcription or diſtinction of them.

Place] They grow both in heaths and ſhady places near the hedge-ſides in all counties of this land.

Time.] They flower and give their ſeed at Midſummer. The Female Fern is that plant which is in Suſſex called Brakes, the ſeed of which ſome authors hold to be ſo rare.

Such

Such a thing there is I know, and may be eaſily had upon Midſummer Eve, and for ought I know, two or three days after it, if not more.

Government and Virtues.] It is under the dominion of Mercury, both Male and Female. The roots of both thoſe ſorts of Fern being bruiſed and boiled in mead, or honeyed water, and drank, killeth both the broad and long worms in the body, and abateth the ſwelling and hardneſs of the ſpleen. The green leaves eaten, purge the belly and cholerick and wateriſh humours that trouble the ſtomach. They are dangerous for women with child to meddle with, by reaſon they cauſe abortions. The roots bruiſed and boiled in oil, or hog's greaſe, make a very profitable ointment to heal wounds, or pricks gotten in the fleſh. The powder of them uſed in foul ulcers, drieth up their malignant moiſture and cauſeth their ſpeedier healing. Fern being burned, the ſmoak thereof driveth away ſerpents, knats, and other noiſome creatures which in fenny countries do, in the night time, trouble and moleſt people lying in their beds with their faces uncovered; it cauſeth barrenneſs.

Oſmond Royal, or Water Fern.

Deſcript. THIS ſhooteth forth in Spring-time (for in the Winter the leaves periſh) divers rough hard ſtalks, half round and yellowiſh, or flat on the other ſide, two feet high, having divers branches of winged yellowiſh green leaves on all ſides, ſet one againſt another, longer, narrower, and not nicked on the edges as the former. From the top of ſome of theſe ſtalks grow a long buſh of ſmall and more yellow, green, ſcaly aglets, ſet in the ſame manner on the ſtalks as the leaves are, which are accounted the flower and ſeeds. The root is rough, thick and ſcabby, with a white pith in the middle, which is called the heart thereof.

Place.] It groweth on moors, bogs, and watery places, in many parts of this land.

Time.] It is green all the Summer, and the root only abideth in the Winter.

Government and Virtues.] Saturn owns the plant. This hath all the virtues mentioned in the former Ferns, is much more effectual than they, both for inward and outward griefs, and is accounted ſingular good in wounds,

bruiſes, or the like. The decoction to be drank, or boiled into an ointment of oil, as a balſam or balm, and ſo it is ſingular good againſt bruiſes and bones broken, or out of joint, and giveth much eaſe to the colic and ſplenetic diſeaſes; as alſo for ruptures or burſtings. The decoction of the root in white wine, provoketh urine exceedingly, and cleanſeth the bladder and paſſages of the urine.

Fever-few, or Featherfew.

Deſcript.] COMMON Featherfew hath large freſh leaves, much torn or cut on the edges. The ſtalks are hard and round, ſet with many ſuch like leaves, but ſmaller, and at the tops ſtand many ſingle flowers, upon ſmall foot ſtalks, conſiſting of many ſmall white leaves ſtanding round about a yellow thrum in the middle. The root is ſomewhat hard and ſhort, with many ſtrong fibres about it. The ſcent of the whole plant is very ſtrong and ſtuffing, and the taſte is very bitter.

Place.] This grows wild in many places of the land, but is for the moſt part nouriſhed in gardens.

Government and Virtues.] Venus commands this herb, and hath commended it to ſuccour her ſiſters (women) and to be a general ſtrengthener of their wombs, and remedy ſuch infirmities as a careleſs midwife hath there cauſed; if they will but be pleaſed to make uſe of her herb boiled in white wine, and drink the decoction; it cleanſeth the womb, expels the after-birth, and doth a woman all the good ſhe can deſire of an herb. And if any grumble becauſe they cannot get the herb in Winter, tell them, if they pleaſe, they may make a ſyrup of it in Summer; it is chiefly uſed for the diſeaſe of the mother, whether it be the ſtrangling or riſing of the mother, or hardneſs or inflammations of the ſame, applied outwardly thereunto; or a decoction of the flowers in wine, with a little nutmeg or mace put therein, and drank often in a day, is an approved remedy to bring down womens courſes ſpeedily, and helpeth to expel the dead birth and after-birth. For a woman to ſit over the hot fumes of the decoction of the herb made in water or wine, is effectual for the ſame; and in ſome caſes, to apply the herb warm to the privy parts. The decoction thereof made with ſome ſugar or honey, is uſed by many

many with good ſucceſs to help the cough and ſtuffing of the cheſt, by cold, as to cleanſe the reins and bladder, and helps to expel the ſtone in them. The powder of the herb taken in wine with ſome Oxymel, purgeth both choler and phlegm, and is available for thoſe that are ſhort winded, and are troubled with melancholy and heavineſs, or ſadneſs of ſpirits. It is very effectual for all pains in the head coming of a cold cauſe, the herb being bruiſed applied to the crown of the head; as alſo for the vertigo, that is, a running or ſwimming of the head. The decoction thereof drank warm, and the herb bruiſed with a few corns of Bay-ſalt, and applied to the wriſts before the coming of the ague fits, do take them away. The diſtilled water taketh away freckles and other ſpots and deformities in the face. The herb bruiſed and heated on a tile, with ſome wine to moiſten it, or fried with a little wine and oil, and applied warm outwardly to the places, helpeth the wind and colic in the lower part of the belly. It is an eſpecial remedy againſt opium taken too liberally.

Fennel.

EVERY garden affordeth this ſo plentifully, that it needs no deſcription.

Government and Virtues.] One good old faſhion is not yet left off, *viz.* to boil fennel with fiſh, for it conſumes that phlematic humour, which fiſh moſt plentifully afford and annoy the body with, though few that uſe it, know wherefore they do it; I ſuppoſe the reaſon of its benefit this way is, becauſe it is an herb of Mercury, and under Virgo, and therefore bears antipathy to Piſces. Fennel is good to break wind, to provoke urine, and eaſe the pains of the ſtone, and helps to break it. The leaves or ſeed boiled in barley water and drank, are good for nurſes, to encreaſe their milk, and make it more wholeſome for the child. The leaves, or rather the ſeeds boiled in water, ſtayeth the hiccough, and taketh away the loathings which oftentimes happen to the ſtomach of ſick and feveriſh perſons, and allayeth the heat thereof. The ſeed boiled in wine and drank, is good for thoſe that are bitten with ſerpents, or have eaten poiſonous herbs, or muſhrooms. The ſeeds and the roots much more help to open obſtructions of the liver, ſpleen and

gall, and thereby help the painful and windy ſwellings of the ſpleen, and the yellow jaundice, as alſo the gout and cramp. The ſeed is of good uſe in medicines to help ſhortneſs of breath and wheezing by ſtopping of the lungs. It helpeth alſo to bring down the courſes, and to cleanſe the parts after delivery. The roots are of moſt uſe in phyſic drink and broths that are taken to cleanſe the blood, to open obſtructions of the liver, to provoke urine, and amend the ill colour in the face after ſickneſs, and to cauſe a good habit through the body. Both leaves, ſeeds and roots thereof, are much uſed in drink or broth, to make people more lean that are too fat. The diſtilled water of the whole herb, or the condenſate juice diſſolved, but eſpecially the natural juice, that in ſome counties iſſueth out hereof of its own accord, dropped into the eyes, cleanſeth them from miſts and films that hinder the ſight. The ſweet Fennel is much weaker in phyſical uſes than the common Fennel. The wild Fennel is ſtronger and hotter than the tame, and therefore moſt powerful againſt the ſtone, but not ſo effectual to increaſe milk, becauſe of its dryneſs.

Sow-Fennel, or Hog's Fennel.

BESIDES the common name in Engliſh, Hog's Fennel, and the Latin name Peucidanum, it is called Hoar-ſtrange & Hoar-ſtrong, Sulphur-wort & Brimſtone-wort.

Deſcript.] The common Sow Fennel hath divers branched ſtalks of thick and ſomewhat long leaves, three for moſt part joined together at a place, among which ariſeth a creſted ſtraight ſtalk, leſs than Fennel, with ſome joints thereon, and leaves growing thereat, and towards the tops ſome branches iſſuing from thence; likewiſe on the tops of the ſtalks aad branches ſtand divers tufts of yellow flowers, whereafter grows ſomewhat flat, thin, and yellowiſh ſeed, bigger than Fennel-ſeed. The roots grow great and deep, with many other parts and fibres about them of a ſtrong ſcent like hot brimſtone, and yield forth a yellowiſh milk, or clammy juice almoſt like a gum.

Place.] It groweth plentifully in the ſalt low marſhes, near Feverſham in Kent.

Time.] It flowereth plentifully in July and Auguſt.

Government and Virtues.] This is alſo an herb of Mercury. The juice of Sow-Fennel (ſaith Dioſcorides and Galen) uſed

uſed with vinegar and roſe-water, or the juice with a little euphorbium put to the noſe, helpeth thoſe that are troubled with the lethargy, frenzy, or giddineſs of the head, the falling-ſickneſs, long and inveterate head-ach, the palſy, ſciatica, and the cramp, and generally all the diſeaſes of the ſinews, uſed with oil and vinegar. The juice diſſolved in wine, or put into an egg, is good for a cough, or ſhortneſs of breath, and for thoſe that are troubled with wind in the body. It purgeth the belly gently, expelleth the hardneſs of the ſpleen, giveth eaſe to women that have ſore travail in child-birth, and eaſeth the pains of the reins and bladder, and alſo the womb. A little of the juice diſſolved in wine, and dropped into the ears, eaſeth the pains in them, and put into a hollow tooth, eaſeth the pains thereof. The root is leſs effectual to all the aforeſaid diſorders; yet the powder of the root cleanſeth foul ulcers, being put into them, and taketh out ſplinters of broken bones, or other things in the fleſh, and healeth them up perfectly; as alſo drieth up old and inveterate running ſores, and is of admirable virtue in all green wounds.

Fig-Wort, or Throat-Wort.

Deſcript.] COMMON great Fig-wort ſendeth divers great, ſtrong, hard, ſquare brown ſtalks, three or four feet high, whereon grow large, hard, and dark green leaves, two at a joint, harder and larger than nettle leaves, but not ſtinging; at the tops of the ſtalks ſtand many purple flowers ſet in huſks, which are ſometimes gaping and open, ſomewhat like thoſe of Water Betony; after which come hard round heads, with a ſmall point in the middle, wherein lie ſmall browniſh ſeed. The root is great, white, and thick, with many branches at it, growing aſlope under the upper cruſt of the ground, which abideth many years, but keepeth not his green leaves in Winter.

Place.] It groweth frequently in moiſt and ſhadowy woods, and in the lower parts of the fields and meadows.

Time.] It flowereth about July, and the ſeed will be ripe about a month after the flowers are fallen.

Government and Virtues.] Some Latin authors call it Cervicaria, becauſe it is appropriated to the neck; and the Throat-wort, becauſe it is appropriated to the throat. Venus owns the herb, and the Celeſtial Bull will not deny it; therefore a better remedy cannot be for the king's

king's evil, becauſe the Moon that rules the diſeaſe is exalted there. The decoction of the herb taken inwardly, and the bruiſed herb applied outwardly, diſſolveth clotted and congealed blood within the body, coming by any wounds, bruiſe, or fall; and is no leſs effectual for the king's evil, or any other knobs, kernels, bunches, or wens growing in the fleſh whereſoever; and for the hæmorrhoids, or piles. An ointment made hereof may be uſed at all times when the freſh herb is not to be had. The diſtilled water of the whole plant, roots and all, is uſed for the ſame purpoſes, and drieth up the ſuperfluous, virulent moiſture of hollow and corroding ulcers; it taketh away all redneſs, ſpots, and freckles in the face; as alſo the ſcurf, and any foul deformity therein, and the leproſy likewiſe.

Filipendula, or Drop-Wort.

Deſcript.] THIS ſendeth forth many leaves, ſome bigger, ſome leſſer, ſet on each ſide of a middle rib, and each of them dented about the edges, ſomewhat reſembling wild Tanſy, or Agrimony, but harder in handling; among which riſe up one or more ſtalks, two or three feet high, with the leaves growing thereon, and ſometimes alſo divided into other branches ſpreading at the top into many white, ſweet ſmelling flowers, conſiſting of five leaves a-piece, with ſome threads in the middle of them ſtanding together, in a pith or umbel, each upon a ſmall foot-ſtalk, which, after they have been blown upon a good while, do fall away, and in their places appear ſmall, round, chaffy heads like buttons, wherein are the chaffy ſeeds ſet and placed. The root conſiſts of many ſmall, black, tuberous pieces, faſtened together by many ſmall, long blackiſh ſtrings, which run from one to another.

Place.] It groweth in many places of this land in the corners of dry fields and meadows, and the hedge-ſides.

Time.] They flower in June and July, and their ſeed is ripe in Auguſt.

Government and Virtues.] It is under the dominion of Venus. It effectually opens the paſſages of the urine, helpeth the ſtrangury, the ſtone in the kidnies or bladder, the gravel, and all other pains of the bladder and reins, by taking the roots in powder, or a decoction of them in white wine, with a little honey. The roots made into powder, and mixed with honey in the form

of

of an electuary, doth much help them whoſe ſtomachs are ſwollen, diſſolving and breaking the wind which was the cauſe thereof; and is alſo very effectual for all the diſeaſes of the lungs, as ſhortneſs of breath, wheezing, hoarſeneſs of the throat, and the cough; and to expectorate tough phlegm, or any other parts thereabout. It is called Drop-wort, becauſe it helps ſuch as piſs by drops.

The Fig-Tree.

FOR to give a deſcription of a tree ſo well known to every body that keeps it in his garden, were needleſs. They proſper very well in our Engliſh gardens, yet are fitter for medicine than for any other profit which is gotten by the fruit of them.

Government and Virtues.] The tree is under the dominion of Jupiter. The milk that iſſueth out from the leaves or branches where they are broken off, being dropped upon warts, taketh them away. The decoction of the leaves is excellent good to waſh ſore heads with; and there is ſcarcely a better remedy for the leproſy than it is. It clears the face alſo of morphew, and the body of white ſcurf, ſcabs, and running ſores. If it be dropped into old fretting ulcers, it cleanſeth out the moiſture, and bringeth up the fleſh; becauſe you cannot have the leaves green all the year, you may make an ointment of them whilſt you may. A decoction of the leaves being drank inwardly, or rather a ſyrup made of them, diſſolves congealed blood cauſed by bruiſes or falls, and helps the bloody-flux. The aſhes of the wood made into an ointment with hog's greaſe, helps kibes and chilblains. The juice being put into an hollow tooth, eaſeth pain; as alſo pain and noiſe in the ears, being dropped in them, and deafneſs. An ointment made of the juice and hog's greaſe, is as excellent a remedy for the biting of mad dogs, or other venomous beaſts, as moſt are. A ſyrup made of the leaves, or green fruit, is excellent good for coughs, hoarſeneſs, or ſhortneſs of breath, and all diſeaſes of the breaſt and lungs; it is alſo excellent good for the dropſy and falling-ſickneſs. They ſay that the Fig-tree, as well as the Bay-tree, is never hurt by lightning; as alſo if you tie a bull, be he ever ſo mad, to a Fig-tree, he will quickly become tame and gentle. As for ſuch figs as come from beyond ſea, I have little to ſay, becauſe I write

write not of exoticks; yet ſome authors ſay, the eating of them makes people louſy.

The yellow Water-Flag, or Flower-de-luce.

Deſcript. THIS groweth like the Flower-de-luce, but it hath much longer and narrower ſad green leaves jointed together in that faſhion; the ſtalk alſo growing oftentimes as high, bearing ſmall yellow flowers ſhaped like the Flower-de-luce, with three falling leaves, and other three arched that cover their bottoms; but inſtead of the three upright leaves, as the Flower-de-luce hath, this hath only three ſhort pieces ſtanding in their places, after which ſucceed thick and long three-ſquare heads, containing in each part ſomewhat big and flat ſeed, like thoſe of the Flower-de-luce. The root is long and ſlender, of a pale browniſh colour on the outſide, and of a horſe-fleſh colour on the inſide, with many fibres thereat, and very harſh in taſte.

Place.] It uſually grows in watery ditches, ponds, lakes, and moor-ſides, which are always overflowed with waters.

Time.] It flowereth in July, and the ſeed is ripe in Auguſt.

Government and Virtues.] It is under the dominion of the Moon. The root of this Water Flag is very aſtringent, cooling, and drying, and thereby helps all laxes and fluxes, whether of blood and humours, as bleeding at the mouth, noſe, or other parts, bloody-flux, and the immoderate flux of women's courſes. The diſtilled water of the whole herb, flowers and roots, is a ſovereign good remedy for watering eyes, both to be dropped into them, and to have cloths or ſponges wetted therein, and applied to the forehead; it alſo helpeth the ſpots and blemiſhes that happen in and about the eyes, or any other parts. The ſaid water fomented on ſwellings, and hot inflammations of womens breaſts, upon cankers alſo, and thoſe ſpreading ulcers called *Noli me tangere*, do much good. It helpeth alſo foul ulcers in the privities of man or woman; but an ointment made of the flowers is better for thoſe external applications.

Flax-

Flax-Weed, or Toad-Flax.

Deſcript.] OUR common Flax-weed hath divers ſtalks full fraught with long and narrow aſh-coloured leaves, and from the middle of them almoſt upward, ſtored with a number of pale yellow flowers, of a ſtrong unpleaſant ſcent, with deeper yellow mouths, and blackiſh flat ſeed in round heads. The root is ſomewhat woody and white, eſpecially the main downright one, with many fibres, abiding many years, ſhooting forth roots every way round about, and new branches every year.

Place.] This groweth throughout this land, both by the way-ſides and in meadows, as alſo by hedge-ſides, and upon the ſides of banks, and borders of fields.

Time.] It flowereth in Summer, and the ſeed is ripe uſually before the end of Auguſt.

Government and Virtues.] Mars owns this herb. In Suſſex we call it Gallwort, and lay it in our chickens water to cure them of the gall; it relieves them when they are drooping. This is frequently uſed to ſpend the abundance of thoſe watery humours by urine, which cauſe the dropſy. The decoction of the herb, both leaves and flowers, in wine taken and drank, doth ſomewhat move the belly downwards, openeth obſtructions of the liver, and helpeth the yellow jaundice; expelleth poiſon, provoketh womens courſes, driveth forth the dead child and after-birth. The diſtilled water of the herb and flowers is effectual for all the ſame purpoſes; being drank with a dram of the powder of the ſeeds of bark, or the roots of wall-wort, and a little cinnamon, for certain days together, it is held a ſingular remedy for the dropſy. The juice of the herb, or the diſtilled water, dropped into the eyes, is a certain remedy for all heat, inflammation, and redneſs in them. The juice or water put into foul ulcers, whether they be cancerous or fiſtulous, with tents rolled therein, or parts waſhed and injected therewith, cleanſeth them thoroughly from the bottom, and healeth them up ſafely. The ſame juice or water alſo cleanſeth the ſkin wonderfully of all ſorts of deformity, as leproſy, morphew, ſcurf, wheals, pimples, or ſpots, applied of itſelf, or uſed with ſome powder of Lupines.

Flea-

Flea-Wort.

Deſcript.] ORdinary Flea-wort riſeth up with a ſtalk two feet high or more, full of joints and branches on every ſide up to the top, and at every joint two ſmall, long, and narrow whitiſh green leaves ſomewhat hairy. At the top of every branch ſtand divers ſmall, ſhort, ſcaly, or chaffy heads, out of which come forth ſmall whitiſh yellow threads, like to thoſe of the plantain herbs, which are the bloomings of flowers. The ſeed incloſed in theſe heads is ſmall and ſhining while it is freſh, very like unto fleas both for colour and bigneſs, but turning black when it groweth old. The root is not long, but white, hard and woody, periſhing every year, and riſing again of its own ſeed for divers years, if it be ſuffered to ſhed. The whole plant is ſomewhat whitiſh and hairy, ſmelling ſomewhat like roſin.

There is another ſort hereof, differing not from the former in the manner of growing, but only that this ſtalk and branches being ſomewhat greater, do a little more bow down to the ground. The leaves are ſomewhat greater, the heads ſomewhat leſſer, the ſeed alike; and the root and leaves abide all Winter, and periſh not as the former.

Place.] The firſt groweth only in gardens, the ſecond plentifully in fields that are near the ſea.

Time.] They flower in July, or thereabouts.

Government and Virtues.] The herb is cold, dry, and Saturnine. I ſuppoſe it obtained the name of Flea-wort, becauſe the ſeeds are like fleas. The ſeed fried, and taken, ſtayeth the flux or laſk of the belly, and the corroſions that come by reaſon of hot, choleric, or ſharp and malignant humours, or by too much purging of any violent medicine, as Scammony, or the like. The mucilage of the ſeed made with roſe-water, and a little ſugar-candy put thereto, is very good in all hot agues and burning fevers, and other inflammations, to cool the thirſt, and leniſy the dryneſs and roughneſs of the tongue and throat. It helpeth hoarſeneſs of the voice, and diſeaſes of the breaſt and lungs, cauſed by heat, or ſharp ſalt humours, and the pleuriſy alſo. The mucilage of the ſeed made with plantain-water, whereunto the yolk of an egg or two, and a little populeon are put, is a moſt ſafe and ſure remedy to eaſe the ſharpneſs, pricking, and pains of the hæmorrhoids, or piles, if

if it be laid on a cloth, and bound thereto. It helpeth all inflammations in any part of the body, and the pains that come thereby, as the head-ach and megrims, and all hot impoſthumes, ſwellings, or breaking out of the ſkin, as blains, wheals, puſhes, purples, and the like; as alſo the joints of thoſe that are out of joint, the pains of the gout and ſciatica, the burſting of young children, and the ſwelling of the navel, applied with oil of roſes and vinegar. It is alſo good to heal the nipples and ſore breaſts of women, being often applied thereunto. The juice of the herb with a little honey put into the ears helpeth the running of them, and the worms breeding in them: the ſame alſo mixed with hog's greaſe, and applied to corrupt and filthy ulcers, cleanſeth and healeth them.

Fluxweed.

Deſcript.] IT riſeth up with a round upright hard ſtalk, four or five feet high, ſpread into ſundry branches, whereon grow many greyiſh green leaves, very finely cut and ſevered into a number of ſhort and almoſt round parts. The flowers are very ſmall and yellow, growing ſpike faſhion, after which come ſmall long pods, with ſmall yellowiſh ſeed in them. The root is long and woody, periſhing every year.

There is another ſort, differing in nothing, ſave only it hath ſomewhat broader leaves; they have a ſtrong evil ſavour, being ſmelled unto, and are of a drying taſte.

Place.] They flower wild in the fields by hedge-ſides and highways, and among rubbiſh and other places.

Time.] They flower and ſeed quickly after, namely, in June and July.

Government and Virtues.] This herb is Saturnine alſo. Both the herb and ſeed of Fluxweed are of excellent uſe to ſtay the flux or laſk of the belly, being drank in water wherein gads of ſteel heated have been often quenched; and it is no leſs effectual for the ſame purpoſe than plantain or comfrey, and to reſtrain any other flux of blood in man or woman, as alſo to conſolidate bones broken or out of joint. The juice thereof drank in wine, or the decoction of the herb drank, doth kill the worms in the ſtomach or belly, or the worms that grow in putrid and filthy ulcers; and made into a ſalve doth quickly heal all old ſores, how foul, or malignant ſoever they be. The diſtilled water of the herb worketh

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the ſame effects, although ſomewhat weaker, yet it is a fair medicine, and more acceptable to be taken. It is called Fluxweed becauſe it cures the flux, and for its uniting broken bones, &c. Paracelſus extols it to the ſkies. It is fitting that ſyrup, ointment, and plaiſters of it were kept in your houſes.

Flower-de-luce.

IT is ſo well known, being nouriſhed up in moſt gardens, that I ſhall not need to ſpend time in writing a deſcription thereof.

Time.] The flaggy kinds thereof have the moſt phyſical uſes: the dwarf kinds thereof flower in April, the greater ſorts in May.

Government and Virtues.] The herb is Lunar. The juice or decoction of the green root of the flaggy kind of Flower-de-luce, with a little honey drank, doth purge and cleanſe the ſtomach of groſs and tough phlegm and choler therein; it helpeth the jaundice and the dropſy, evacuating thoſe humours both upwards and downwards; and becauſe it ſomewhat hurts the ſtomach, is not to be taken without honey and ſpikenard. The ſame being drank, doth eaſe the pains and torments of the belly and ſides, the ſhaking of agues, the diſeaſes of the liver and ſpleen, the worms of the belly, the ſtone in the reins, convulſions and cramps that come of old humours; it alſo helps thoſe whoſe ſeed paſſeth from them unawares: it is a remedy againſt the bitings and ſtingings of venomous creatures, being boiled in water and vinegar and drank: boiled in water and drank, it provoketh urine, helpeth the colick, bringeth down womens courſes; and made up into a peſſary with honey, and put up into the body, draweth forth the dead child. It is much commended againſt the cough, to expectorate tough phlegm; it much eaſeth pains in the head, and procureth ſleep; being put into the noſtrils, it procureth ſneezing, and thereby purgeth the head of phlegm; the juice of the root applied to the piles or hæmorrhoids, giveth much eaſe; the decoction of the roots gargled in the mouth, eaſeth the tooth-ach, and helpeth a ſtinking breath. Oil called Oleum Irinum, if it be rightly made of the great broad flag Flower-de-luce (and not of the green bulbus blue Flower-de-luce, as is uſed by ſome apothecaries) and roots of the flaggy kind, is very effectual to warm and comfort all cold joints

and

and ſinews, as alſo the gout and ſciatica, and mollifieth, diſſolveth, and conſumeth tumours and ſwellings in any part of the body, as alſo of the matrix; it helpeth the cramp, or convulſions of the ſinews; the head and temples anointed therewith, helpeth the catarrh, or thin rheum diſtilled from thence; and uſed upon the breaſt or ſtomach, helpeth to extenuate the cold tough phlegm; it helpeth alſo pains and noiſe in the ears, and the ſtench of the noſtrils: the root itſelf, either green or in powder, helpeth to cleanſe, heal, and incarnate wounds, and to cover the naked bones with fleſh again, that ulcers have made bare; and is alſo very good to cleanſe and heal up fiſtulas and cankers, that are hard to be cured.

Fluellin, or Lluellin.

Deſcript.] IT ſhooteth forth many long branches, partly lying upon the ground, and partly ſtanding upright, ſet with almoſt red leaves, yet a little pointed, and ſometimes more long and round, without order thereon, ſomewhat hairy, and of an evil greeniſh white colour; at the joints all along the ſtalks, and with the leaves come forth ſmall flowers, one at a place, upon a very ſmall ſhort foot-ſtalk, gaping ſomewhat like ſnap-dragons, or rather like toad-flax, with the upper jaw of a yellow colour, and the lower of a purpliſh, with a ſmall heel or ſpur behind; after which come forth ſmall brown heads, containing ſmall black ſeed. The root is ſmall and thready, dying every year, and raiſeth itſelf again of its own ſowing.

There is another ſort of Lluellin, which hath longer branches, wholly trailing upon the ground, two or three feet long, and ſomewhat more thin, ſet with leaves thereon, upon ſmall foot-ſtalks. The leaves are a little larger, and ſomewhat round, and cornered ſometimes in ſome places on the edges; but the lower part of them being the broadeſt, hath on each ſide a ſmall point, making it ſeem as if they were ears, ſometimes hairy, but not hoary, and a better green colour than the former. The flowers come forth like the former; but the colours therein are more white than yellow, and the purple not ſo fair; it is a large flower, and ſo are the ſeed and ſeed veſſels. The root is like the other, and periſheth every year.

Place.] They grow in divers corn-fields, and in borders about them, and in other fertile grounds about Southfleet in

in Kent, abundant; at Buchrite, Hamerton, and Richmanworth in Huntingdonſhire, and in divers other places.

Time.] They are in the flower about June and July, and the whole plant is dry and withered before Auguſt be done.

Government and Virtues.] It is a Lunar herb. The leaves bruiſed and applied with barley meal to watering eyes that are hot and inflamed by defluctions from the head, do very much help them, as alſo the fluxes of blood or humours, as the laſk, bloody-flux, women's courſes, and ſtayeth all manner of bleeding at the noſe, mouth, or any other place, or that cometh by any bruiſe or hurt, or burſting a vein; it wonderfully helpeth all thoſe inward parts that need conſolidating or ſtrengthening, and is no leſs effectual both to heal and cloſe green wounds, than to cleanſe and heal all foul or old ulcers, fretting or ſpreading cankers or the like. Bees are induſtrious, and go abroad to gather honey from each plant and flower, but drones lie at home, and eat up what the bees have taken pains for: juſt ſo do the college of phyſicians lie at home and domineer, and ſuck out the ſweetneſs of other men's labour and ſtudies, themſelves being as ignorant in the knowledge of herbs as a child of four years old, as I can make appear to any rational man by their laſt diſpenſatory. Now then to hide their ignorance, there is no readier way in the world than to hide knowledge from their countrymen, that ſo nobody might be able ſo much as to ſmell out their ignorance. When ſimples were in uſe, men's bodies were better in health by far than now they are, or ſhall be, if the college can help it. The truth is, this herb is of a fine cooling, drying quality, and an ointment or plaſter of it might do a man a courteſy that hath any hot virulent ſores: 'tis admirable for ulcers of the French pox; if taken inwardly may cure the diſeaſe. It was firſt called Female Speedwell, but a ſhentleman of Wales, whoſe noſe was almoſt eaten off with the pox, and ſo near the matter, that the doctors commanded it to be cut off, being cured only by the uſe of this herb; and to honour the herb, for ſaving hur noſe whole, gave it one of hur country names, Fluellin.

Fox-Gloves.

Deſcript.] IT hath many long and broad leaves lying upon the ground dented upon the edges, a little

little ſoft or woolly, and of a hoary green colour, among which riſeth up ſometimes ſundry ſtalks, but one very often, bearing ſuch leaves thereon from the bottom to the middle, from whence to the top it is ſtored with large and long hollow reddiſh purple flowers, a little more long and imminent at the lower edge, with ſome white ſpots with them, one above another, with ſmall green leaves at every one, but all of them turning their heads one way, and hanging downwards, having ſome threads alſo in the middle, from whence riſe round heads, pointed ſharp at the ends, wherein ſmall brown ſeed lieth. The roots are ſo many ſmall fibres, and ſome greater ſtrings among them; the flowers have no ſcent, but the leaves have a bitter hot taſte.

Place.] It groweth on dry ſandy ground for the moſt part, and as well on the higher as the lower places under hedge ſides in almoſt every county of this land.

Time] It ſeldom flowereth before July, and the ſeed is ripe in Auguſt.

Government and Virtues.] The plant is under the dominion of Venus, being of a gentle cleanſing nature, and withal very friendly to nature. The herb is familiarly and frequently uſed by the Italians to heal any freſh or green wound, the leaves being but bruiſed and bound thereon, and the juice thereof is alſo uſed in old ſores, to cleanſe, dry, and heal them. The decoction hereof made up with ſome ſugar or honey, is available to cleanſe and purge the body both upwards and downwards, ſometimes of tough phlegm and clammy humours, and to open obſtructions of the liver and ſpleen. It hath been found by experience to be available for the king's evil, the herb bruiſed and applied, or an ointment made with the juice thereof, and ſo uſed; and a decoction of two handfuls thereof, with four ounces of Polypody in ale, hath been found by late experience to cure divers of the falling ſickneſs, that have been troubled with it above 20 years. I am confident that an ointment of it is one of the beſt remedies for a ſcabby head that is.

Fumitory.

Deſcript.] OUR common Fumitory is a tender ſappy herb, ſendeth forth from one ſquare, a ſlender weak ſtalk, and leaning downwards on all ſides, many branches two or three feet long, with finely cut and

and jagged leaves of whitiſh, or rather bluiſh ſea green colour: at the tops of the branches ſtand many ſmall flowers, as it were in a long ſpike one above another, made like little birds, of a reddiſh purple colour, with whitiſh bellies, after which come ſmall round huſks, containing ſmall black ſeeds. The root is yellow, ſmall, and not very long, full of juice while it is green, but quickly periſhes with the ripe ſeed. In the corn fields in Cornwall, it beareth white flowers.

Place.] It groweth in corn fields almoſt everywhere, as well as in gardens.

Time.] It flowereth in May, for the moſt part, and the ſeed ripeneth ſhortly after.

Government and Virtues] Saturn owns the herb, and preſents it to the world as a cure for his own diſeaſe, and ſtrengthener of the parts of the body he rules. If by my aſtrological judgment of diſeaſes, from the decumbiture, you find Saturn author of the diſeaſe, or if by direction from a nativity you fear a Saturnine diſeaſe approaching, you may by this herb prevent it in the one, and cure it in the other, and therefore it is fit you keep a ſyrup of it always by you. The juice or ſyrup made thereof, or the decoction made in whey by itſelf, with ſome other purging or opening herbs and roots to cauſe it to work the better (itſelf being but weak) is very effectual for the liver and ſpleen, opening the obſtructions thereof, and clarifying the blood from ſaltiſh, cholerick, and aduſt humours, which cauſe leproſy, ſcabs, tetters, and itches, and ſuch like breaking out of the ſkin, and after the purgings doth ſtrengthen all the inward parts. It is alſo good againſt the yellow jaundice, and ſpendeth it by urine, which it procureth in abundance. The powder of the dried herb given for ſome time together, cureth melancholy, but the ſeed is ſtrongeſt in operation for all the former diſeaſes. The diſtilled water of the herb is alſo of good effect in the former diſeaſes, and conduceth much againſt the plague and peſtilence, being taken with good treacle. The diſtilled water alſo, with a little water and honey of roſes, helpeth all the ſores of the mouth or throat, being gargled often therewith. The juice dropped into the eyes, cleareth the ſight, and taketh away redneſs and other defects in them, although it procureth ſome pain for the preſent, and cauſes tears. Dioſcorides ſaith it hindereth any freſh ſpringing of hairs on the eye-lids (after they are pulled away) if the eye-

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lids be anointed with the juice hereof, with Gum Arabick diſſolved therein. The juice of the Fumitory and Docks mingled with vinegar, and the places gently waſhed or wet therewith, cureth all ſorts of ſcabs, pimples, blotches, wheals, and puſhes, which ariſe on the face or hands, or any other parts of the body.

The Furz Buſh.

IT is as well known by this name, as it is in ſome counties by the name of Gorz or Whins, that I ſhall not need to write any deſcription thereof, my intent being to teach my countrymen what they know not, rather than to tell them again of that which is generally known before.

Place.] They are known to grow on dry barren heaths, and other waſte, gravelly, or ſandy grounds, in all counties of this land.

Time.] They alſo flower in the Summer months.

Government and Virtues.] Mars owns the herb. They are hot and dry, and open obſtructions of the liver and ſpleen. A decoction made with the flowers thereof hath been found effectual againſt the jaundice, as alſo to provoke urine, and cleanſe the kidnies from gravel or ſtone ingendered in them. Mars doth alſo this by ſympathy.

Garlick.

THE offenſiveneſs of the breath of him that hath eaten Garlick, will lead you by the noſe to the knowledge hereof, and inſtead of a deſcription, direct you to the place where it groweth in gardens, which kinds are the beſt, and moſt phyſical.

Government and Virtues.] Mars owns this herb. This was anciently accounted the poor man's treacle, it being a remedy for all diſeaſes and hurts (except thoſe which itſelf breed.) It provoketh urine and women's courſes, helpeth the biting of mad dogs, and other venomous creatures; killeth worms in children, cutteth and voideth tough phlegm, purgeth the head, helpeth the lethargy, is a good preſervative againſt, and a remedy for any plague, ſore, or foul ulcer; taketh away ſpots and blemiſhes in the ſkin, eaſeth pains in the ears, ripeneth and breaketh impoſthumes, or other ſwellings; and for all theſe diſeaſes the onions are as effectual. But the Garlick hath ſome more peculiar virtues beſides the

former, viz. it hath a ſpecial quality to diſcuſs inconveniencies coming by corrupt agues or mineral vapours, or by drinking corrupt and ſtinking waters; as alſo by taking wolf-bane, hen-bane, hemlock, or other poiſonous and dangerous herbs. It is held good in hydropick diſeaſes, the jaundice, falling-ſickneſs, cramps, convulſions, the piles or hæmorrhoids, or other cold diſeaſes. Many authors quote many diſeaſes this is good for, but conceal its vices. Its heat is very vehement, and all vehement hot things ſend up but ill-ſavoured vapours to the brain. In cholerick men it will add fuel to the fire; in men oppreſſed by melancholy, it will attenuate the humour, and ſend up ſtrong fancies, and as many ſtrange viſions to the head; therefore let it be taken inwardly with great moderation; outwardly you may make more bold with it.

Gentian, Felwort, or Baldmony.

IT is confeſſed that Gentian, which is moſt uſed amongſt us, is brought over from beyond ſea, yet we have two ſorts of it growing frequently in our nation, which beſides the reaſons ſo frequently alledged why Engliſh herbs ſhould be fitteſt for Engliſh bodies, hath been proved by the experience of divers phyſicians, to be not a whit inferior in virtue to that which cometh from beyond ſea; therefore be pleaſed to take the deſcription of them as followeth.

Deſcript.] The greater of the two hath many ſmall long roots thruſt down deep into the ground, and abiding all the Winter. The ſtalks are ſometimes more, ſometimes fewer, of a browniſh green colour, which is ſometimes two feet high, if the ground be fruitful, having many long, narrow, dark green leaves, ſet by couples up to the top; the flowers are long and hollow, of a purple colour, ending in fine corners. The ſmaller ſort which is to be found in our land, groweth up with ſundry ſtalks, not a foot high, parted into ſeveral ſmall branches, whereon grow divers ſmall leaves together, very like thoſe of the leſſer centaury, of a whitiſh green colour; on the tops of theſe ſtalks grow divers perfect blue flowers, ſtanding in long huſks, but not ſo big as the other; the root is very ſmall, and full of threads.

Place.] The firſt groweth in divers places of both the Eaſt and Weſt countries, and as well in wet as in dry grounds, as near Longfield by Graveſend, near Cobham

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in Kent, near Linlinſtone in Kent; alſo in a chalk-pit, hard by a paper-mill, not far from Dartford in Kent. The ſecond groweth alſo in divers places in Kent, as about Southfleet and Longfield; upon Barton's Hills in Bedfordſhire; alſo not far from St. Albans, upon a piece of waſte chalky ground, as you go out of Dunſtable way towards Gorhambury.

Time.] They flower in Auguſt.

Government and Virtues.] They are under the dominion of Mars, and of them the moſt principal herbs he is ruler of. They reſiſt putrefactions, poiſon, and a more ſure remedy cannot be found to prevent the peſtilence than it is; it ſtrengthens the ſtomach exceedingly, helps digeſtion, comforts the heart, and preſerves it againſt faintings and ſwoonings. The power of the dry roots help the biting of mad dogs and venomous beaſts, opens obſtructions of the liver, and reſtoreth an appetite of their meat to ſuch as have loſt it. The herb ſteeped in wine, and the wine drank, refreſheth ſuch as be overweary with travel, and grow lame in their joints, either by cold or evil lodgings; it helps ſtitches, and griping pains in the ſides; is an excellent remedy for ſuch as are bruiſed by falls; it provokes urine and the terms exceedingly, therefore let it not be given to women with child; the ſame is very profitable for ſuch as are troubled with cramps and convulſions, to drink the decoction; alſo they ſay it breaks the ſtone, and helps ruptures moſt certainly; it is excellent in all cold diſeaſes, and ſuch as are troubled with tough phlegm, ſcabs, itch, or any fretting ſores and ulcers; it is an admirable remedy to kill the worms, by taking half a dram of the powder in a morning in any convenient liquor; the ſame is excellent good to be taken inwardly for the king's evil. It helps agues of all ſorts, and the yellow jaundice, as alſo the bots in cattle: when kine are bitten on the udder by any venomous beaſt, do but ſtroke the place with the decoction of any of theſe, and it will inſtantly heal them.

Clove Gilliflowers.

IT is vain to deſcribe an herb ſo well known.

Government and Virtues.] They are gallant, fine, temperate flowers, of the nature, and under the dominion of Jupiter; yea, ſo temperate, that no exceſs, neither in heat, cold, dryneſs, nor moiſture, can be perceived in them;

them; they are great ſtrengtheners both of the brain and heart, and will therefore ſerve either for cordials or cephalicks, as your occaſion will ſerve. There is both a ſyrup and a conſerve made of them alone, commonly to be had at every apothecary's. To take now and then a little of either, ſtrengthens nature much in ſuch as are in conſumptions. They are excellent good in hot peſtilent fevers, and expel poiſon.

Germander.

Deſcript.] COMMON Germander ſhooteth forth ſundry ſtalks, with ſmall and ſomewhat round leaves dented about the edges. The flowers ſtand at the tops, of a deep purple colour. The root is compoſed of divers ſprigs, which ſhoot forth a great way round about, quickly overſpreading a garden.

Place.] It groweth uſually with us in gardens.

Time.] And flowereth in June and July.

Government and Virtues.] It is a moſt prevalent herb of Mercury, and ſtrengthens the brain and apprehenſion exceedingly; (you may ſee what human virtues are under Mercury, in the latter end of my Ephemeris for 1652), ſtrengthens them when weak, and relieves them when drooping. This taken with honey (ſaith Dioſcorides) is a remedy for coughs, hardneſs of the ſpleen, and difficulty of urine, and helpeth thoſe that are fallen into a dropſy, eſpecially at the beginning of the diſeaſe, a decoction being made thereof when it is green, and drank. It alſo bringeth down womens courſes, and expelleth the dead child. It is moſt effectual againſt the poiſon of all ſerpents, being drank in wine, and the bruiſed herb outwardly applied. Uſed with honey, it cleanſeth old and foul ulcers; and made into an oil, and the eyes anointed therewith, taketh away the dimneſs and moiſtneſs. It is likewiſe good for the pains in the ſides and cramps. The decoction thereof taken for four days together, driveth away and cureth both tertian and quartan agues. It is alſo good againſt all diſeaſes of the brain, as continual head-ach, falling-ſickneſs, melancholy, drowſineſs and dullneſs of the ſpirits, convulſions and palſies. A dram of the ſeed taken in powder, purgeth by urine, and is good againſt the yellow jaundice. The juice of the leaves dropped into the ears, killeth the worms in them. The tops thereof,

when

when they are in flowers, ſteeped twenty-four hours in a draught of white wine, and drank, killeth the worms in the belly.

Stinking Gladwin.

Deſcript.] THIS is one of the kinds of Flower-de-luce, having divers leaves ariſing from the roots, very like a Flower-de-luce, but they are ſharp-edged on both ſides, and thicker in the middle, of a deeper green colour, narrower and ſharper pointed, and a ſtrong ill ſcent, if they be bruiſed between the fingers. In the middle riſeth up a reaſonable ſtrong ſtalk, a yard high at the leaſt, bearing three or four flowers at the top, made ſomewhat like the flowers of the Flower-de-luce, with three upright leaves, of a dead purpliſh aſh colour, with ſome veins diſcoloured in them; the other three do not fall down, nor are the three other ſmall ones ſo arched, nor cover the lower leaves as the Flower-de-luce doth, but ſtand looſe or aſunder from them. After they are paſt, there come up three ſquare hard huſks, opening wide into three parts when they are ripe, wherein lie reddiſh ſeed, turning back when it hath abided long. The root is like that of the Flower-de-luce, but reddiſh on the outſide, and whitiſh within, very ſharp and hot in the taſte, of as evil ſcent as the leaves.

Place.] This groweth as well in upland grounds as in moiſt places, woods, and ſhadowy places by the ſea-ſide in many places of this land, and is uſually nurſed up in gardens.

Time.] It flowereth not until July, and the ſeed is ripe in Auguſt or September; yet the huſks after they are ripe, opening themſelves, will hold their ſeed with them for two or three months, and not ſhed them.

Government and Virtues.] It is ſuppoſed to be under the dominion of Saturn. It is uſed by many country people to purge corrupt phlegm and choler, which they do by drinking the decoction of the roots; and ſome, to make it more gentle, do but infuſe the ſliced roots in ale; and ſome take the leaves, which ſerve well for the weaker ſtomachs. The juice hereof put up, or ſnuffed up the noſe, cauſeth ſneezing, and draweth from the head much corruption; and the powder thereof doth the ſame. The powder thereof drank in wine, helpeth thoſe that are troubled with cramps and convulſions, or with the gout

and ſciatica, and giveth eaſe to thoſe that have griping pains in their body and belly, and helpeth thoſe that have the ſtrangury. It is given with much profit to thoſe that have had long fluxes by the ſharp and evil quality of humours, which it ſtayeth, having firſt cleanſed and purged them by the drying and binding property therein. The root boiled in wine and drank, doth effectually procure womens courſes; and uſed as a peſſary, worketh the ſame effect; but cauſeth abortion in women with child. Half a dram of the ſeed beaten to powder, and taken in wine, doth ſpeedily cauſe one to piſs, which otherwiſe cannot. The ſame taken with vinegar, diſſolveth the hardneſs and ſwellings of the ſpleen. The root is effectual in all wounds, eſpecially of the head; as alſo to draw forth any ſplinters, thorns, or broken bones, or any other thing ſticking in the fleſh, without cauſing pains, being uſed with a little verdigreaſe and honey, and the great Centaury root. The ſame boiled in vinegar, and laid upon any tumour or ſwelling, doth very effectually diſſolve and conſume them; yea, even the ſwellings of the throat, called the king's evil: the juice of the leaves or roots healeth the itch, and all running or ſpreading ſcabs, ſores, blemiſhes, or ſcars in the ſkin, whereſoever they be.

Golden Rod.

Deſcript.] THIS ariſeth up with browniſh ſmall round ſtalks, two feet high, and ſometimes more, having thereon many narrow and long dark green leaves, very ſeldom with any dents about the edges, or any ſtalks or white ſpots therein, yet they are ſometimes ſo found divided at the tops into many ſmall branches, with divers ſmall yellow flowers on every one of them, all which are turned one way, and being ripe, do turn into down, and are carried away by the wind. The root conſiſts of many ſmall fibres, which grow not deep in the ground, but abideth all the Winter therein, ſhooting forth new branches every year, the old one lying down to the ground.

Place.] It groweth in the open places of woods and copſes, both moiſt and dry grounds, in many places of this land.

Time.] It flowereth about the month of July.

Government and Virtues.] Venus claims the herb, and therefore to be ſure it reſpects beauty loſt. Arnoldus de

de Villa Nova commends it much againſt the ſtone in the reins and kidnies, and to provoke urine in abundance, whereby alſo all the gravel and ſtone may be voided. The decoction of the herb, green or dry, or the diſtilled water thereof, is very effectual for inward bruiſes; as alſo to be outwardly applied, it ſtayeth bleeding in any part of the body, and of wounds; alſo the fluxes of humours, the bloody flux, and womens courſes; and is no leſs prevalent in all ruptures or burſtings, being drank inwardly, and outwardly applied. It is a ſovereign wound herb, inferior to none, both for inward and outward hurts; green wounds, old ſores and ulcers, are quickly cured therewith. It alſo is of eſpecial uſe in all lotions for ſores or ulcers in the mouth, throat, or privy parts in man or woman. The decoction alſo helpeth to faſten the teeth that are looſe in the gums.

Goutwort, or Herb Gerrard.

Deſcript.] IT is a low herb, ſeldom riſing half a yard high, having ſundry leaves ſtanding on browniſh green ſtalks by three, ſnipped about, and of a ſtrong unpleaſant ſavour; the umbels of the flowers are white, and the ſeed blackiſh, the root runneth in the ground, quickly taking a great deal of room.

Place.] It groweth by hedge and wall-ſides, and often in the border and corners of fields, and in gardens alſo.

Time.] It flowereth and ſeedeth about the end of July.

Government and Virtues.] Saturn rules it. Neither is it to be ſuppoſed Goutwort hath its name for nothing, but upon experiment to heal the gout and ſciatica; as alſo joint-achs, and other cold griefs. The very bearing of it about one eaſeth the pains of the gout, and defends him that bears it from the diſeaſe.

Gromel.

OF this I ſhall briefly deſcribe their kinds, which are principally uſed in phyſic, the virtues whereof are alike, though ſomewhat different in their manner and form of growing.

Deſcript.] The greater Gromel groweth up with ſlender and hard hairy ſtalks, trailing and taking root in the ground as it lieth thereon, and parted into many other ſmall branches, with hairy dark green leaves

thereon. At the joints with the leaves come forth very ſmall blue flowers, and after them hard ſtony roundiſh ſeed. The root is long and woody, abiding the Winter, and ſhooteth forth freſh ſtalks in the Spring.

The ſmaller wild Gromel ſendeth forth divers upright hard branched ſtalks, two or three feet high, full of joints, at every of which groweth ſmall, long, hard, and rough leaves like the former, but leſſer; among which leaves come forth ſmall white flowers, and after them greyiſh round ſeed like the former; the root is not very big, but with many ſtrings thereat.

The garden Gromel hath divers upright, ſlender, woody, hairy ſtalks, blown and creſſed, very little branched, with leaves like the former, and white flowers; after which, in rough brown huſks, is contained a white, hard, round ſeed, ſhining like pearls, and greater than either of the former; the root is like the firſt deſcribed, with divers branches and ſprigs thereat, which continueth (as the firſt doth) all the Winter.

Place.] The two firſt grow wild in barren or untilled places, and by the way-ſides in many places of this land. The laſt is a nurſling in the gardens of the curious.

Time.] They all flower from Midſummer until September ſometimes, and in the mean time the ſeed ripeneth.

Government and Virtues.] The herb belongs to Dame Venus; and therefore if Mars cauſe the colick or ſtone, as uſually he doth, if in Virgo, this is your cure. Theſe are accounted to be of as ſingular force as any herb or ſeed whatſoever, to break the ſtone and to void it, and the gravel either in the reins or bladder; as alſo to provoke urine being ſtopped, and to help the ſtrangury. The ſeed is of greateſt uſe, being bruiſed and boiled in white wine, or in broth, or the like, or the powder of the ſeed taken therein. Two drams of the ſeed in powder taken with womens breaſt-milk, is very effectual to procure a ſpeedy delivery to ſuch women as have ſore pains in their travail, and cannot be delivered. The herb itſelf (when the ſeed is not to be had) either boiled, or the juice thereof drank, is effectual to all the purpoſes aforeſaid, but not ſo powerful and ſpeedy in operation.

Gooſe-

Gooſeberry-Buſh.

CALLED alſo Feapberry, and in Suſſex Dewberry-Buſh, and in ſome counties Wineberry.

Government and Virtues.] They are under the dominion of Venus. The berries, while they are unripe, being ſcalded, or baked, are good to ſtir up a fainting, or decayed appetite, eſpecially ſuch whoſe ſtomachs are afflicted by cholerick humours; they are excellent good to ſtay longings of women with child. You may keep them preſerved with ſugar all the year long. The decoction of the leaves of the tree cools hot ſwellings and inflammations; as alſo St. Anthony's fire. The ripe Gooſeberries being eaten, are an excellent remedy to allay the violent heat both of the ſtomach and liver. The young tender leaves break the ſtone, and expel gravel both from the kidnies and bladder. All the evils they do to the body of man is, they are ſuppoſed to breed crudities, and by crudities, worms.

Winter-Green.

Deſcript.] THIS ſends forth ſeven, eight, or nine leaves from a ſmall brown creeping root, every one ſtanding upon a long foot-ſtalk, which are almoſt as broad as long, round-pointed, of a ſad green colour, and hard in handling, and like the leaf of a Pear-tree; from whence ariſeth a ſlender weak ſtalk, yet ſtanding upright, bearing at the top many ſmall white ſweet-ſmelling flowers, laid open like a ſtar, conſiſting of five round-pointed leaves, with many yellowiſh threads ſtanding in the middle about a green head, and a long ſtalk with them, which being ripe, is found five-ſquare, with a ſmall point at it, wherein is contained ſeed as ſmall as duſt.

Place.] It groweth ſeldom in fields, but frequent in the woods northwards, *viz.* in Yorkſhire, Lancaſhire, and Scotland.

Time.] It flowereth about June and July.

Government and Virtues.] Winter-green is under the dominion of Saturn, and is a ſingular good wound herb, and an eſpecial remedy for to heal green wounds ſpeedily, the green leaves being bruiſed and applied, or the juice of them. A ſalve made of the green herb ſtamped, or the juice boiled with hog's lard, or with ſallad oil

and wax, and ſome turpentine added unto it, is a ſovereign ſalve, and highly extolled by the Germans, who uſe it to heal all manner of wounds and ſores. The herb boiled in wine and water, and given to drink to them that have any inward ulcers in their kidnies, or neck of the bladder, doth wonderfully help them. It ſtayeth all fluxes, as the laſk, bloody fluxes, womens courſes, and bleeding of wounds, and taketh away inflammations riſing upon pains of the heart; it is no leſs helpful for foul ulcers hard to be cured; as alſo for cankers or fiſtulas. The diſtilled water of the herb doth effectually perform the ſame things.

Groundſel.

Deſcript.] OUR common Groundſel hath a round green and ſomewhat browniſh ſtalk, ſpreading towards the top into branches, ſet with long and ſomewhat narrow green leaves, cut in on the edges, ſomewhat like the oak-leaves, but leſſer, and round at the end. At the tops of the branches ſtand many ſmall green heads, out of which grow ſmall yellow threads or thumbs, which are the flowers, and continue many days blown in that manner, before it paſs away into down, and with the ſeed is carried away in the wind. The root is ſmall and thready, and ſoon periſheth, and as ſoon riſeth again of its own ſowing, ſo that it may be ſeen many months in the year, both green and in flower, and ſeed; for it will ſpring and ſeed twice in a year at leaſt, if it be ſuffered in a garden.

Place.] This groweth almoſt every where, as well on tops of walls, as at the foot, amongſt rubbiſh and untilled grounds, but eſpecially in gardens.

Time.] It flowereth, as is ſaid before, almoſt in every month throughout the year.

Government and Virtues.] This herb is Venus's miſtreſs-piece, and is a gallant and univerſal medicine for all diſeaſes coming of heat, in what part of the body ſoever they be, as the ſun ſhines upon; it is very ſafe and friendly to the body of man, yet cauſeth vomitting if the ſtomach be afflicted; if not, purging; and it doth it with more gentleneſs than can be expected; it is moiſt, and ſomething cold withal, thereby cauſing expulſion, and repreſſing the heat cauſed by the motion of the internal parts in purges and vomits. Lay by our learned receipts; take ſo much Sena, ſo much Scammony, ſo much

much Colocynthis, ſo much infuſion of Crocus Metallorum, &c. this herb alone preſerved in a ſyrup, in a diſtilled water, or in an ointment, ſhall do the deed for you in all hot diſeaſes; and, ſhall do it, 1. Safely—2. Speedily.

The decoction of the herb (ſaith Dioſcorides) made with wine, and drank, helpeth the pains of the ſtomach, proceeding of choler, (which it may well do by a vomit) as daily experience ſheweth. The juice thereof taken in drink, or the decoction of it in ale, gently performeth the ſame. It is good againſt the jaundice and falling-ſickneſs, being taken in wine; as alſo againſt difficulty of making water. It provoketh urine, expelleth gravel in the reins or kidnies, a dram thereof given in oxymel, after ſome walking or ſtirring of the body. It helpeth alſo the ſciatica, griping of the belly, the colick; defects of the liver, and provoketh womens courſes. The freſh herb boiled, and made into a poultice, applied to the breaſts of women that are ſwollen with pain and heat, as alſo the privy parts of man or woman, the ſeat or fundament, or the arteries, joints and ſinews, when they are inflamed and ſwollen, doth much eaſe them; and uſed with ſome ſalt, helpeth to diſſolve knots or kernels in any part of the body. The juice of the herb, or (as Dioſcorides ſaith) the leaves and flowers, with ſome fine frankincenſe in powder, uſed in wounds of the body, nerves or ſinews, do ſingularly help to heal them. The diſtilled water of the herb performeth well all the aforeſaid cures; but eſpecially for inflammations or watering of the eyes, by reaſon of the defluxion of rheum into them.

Heart's-Eaſe.

THIS is that herb, which ſuch phyſicians as are licenſed to blaſpheme by authority, without danger of having their tongues burned through with an hot iron, called an herb of the Trinity. It is alſo called by thoſe that are more moderate, Three Faces in a Hood, Live in Idleneſs, Cull me to you: and in Suſſex we call them Pancies.

Place] Beſides thoſe which are brought up in gardens, they grow commonly wild in the fields, eſpecially in ſuch as are very barren; ſometimes you may find it on the tops of the high hills.

Time.] They flower all the Spring and Summer long.

Government and Virtues.] The herb is really Saturnine, ſomething cold, viſcous and ſlimy. A ſtrong decoction of the herbs and flowers (if you will, you may make it into ſyrup) is an excellent cure for the French-pox, the herb being a gallant antivenerean; and that antivenereans are the beſt cure for that diſeaſe, far better and ſafer than to torment them with the flux, divers foreign phyſicians have confeſſed. The ſpirit of it is excellent good for the convulſions in children, as alſo for the falling-ſickneſs, and a gallant remedy for the inflammation of the lungs and breaſt, pleuriſy, ſcabs, itch, &c. It is under the celeſtial Sign Cancer.

Artichokes.

THE Latins call them Cinera, only our College calls them Artichocus.

Government and Virtues.] They are under the dominion of Venus, and therefore it is no marvel if they provoke luſt, as indeed they do, being ſomething windy meat; and yet they ſtay the involuntary courſe of natural ſeed in man, which is commonly called nocturnal pollutions. And here I care not greatly if I quote a little of Galen's nonſenſe in his treatiſe of the faculties of nouriſhment. He ſaith, they contain plenty of choleric juice (which, notwithſtanding, I can ſcarcely believe) of which he ſaith is engendered melancholy juice, and of that melancholy juice thin choleric blood. But to proceed; this is certain, that the decoction of the root boiled in wine, or the root bruiſed and diſtilled in wine in an alembic, and being drank, purgeth by urine exceedingly.

Harts-Tongue.

Deſcript.] THIS hath divers leaves ariſing from the root, every one ſeverally, which fold themſelves in their firſt ſpringing and ſpreading: when they are full grown, are about a foot long, ſmooth and green above, but hard, and with little ſap in them, and ſtreaked on the back, thwart on the ſides of the middle rib with ſmall and ſomewhat long browniſh marks; the bottoms of the leaves are a little bowed on each ſide of the middle rib, ſomewhat narrow with the length, and ſomewhat ſmall at the end. The root is of many black threads, folded or interlaced together.

Time.] It is green all the Winter; but new leaves ſpring every year.

Govern-

Government and Virtues.] Jupiter claims dominion over this herb, therefore it is a ſingular remedy for the liver, both to ſtrengthen it when weak, and eaſe it when afflicted, you ſhall do well to keep it in a ſyrup all the year: for though authors ſay it is green all the year, I ſcarce believe it. Harts Tongue is much commended againſt the hardneſs and ſtoppings of the ſpleen and liver, and againſt the heat of the liver and ſtomach, and againſt laſks, and the bloody-flux. The diſtilled water thereof is alſo very good againſt the paſſions of the heart, and to ſtay the hiccough, to help the falling of the palate, and to ſtay the bleeding of the gums, being gargled in the mouth. Dioſcorides ſaith, it is good againſt the ſtinging or biting of ſerpents. As for the uſe of it, my direction at the latter end will be ſufficient, and enough for thoſe that are ſtudious in phyſic, to whet their brains upon for one year or two.

Hazel-Nut.

HAZEL-NUTS are ſo well known to every body, that they need no deſcription.

Government and Virtues.] They are under the dominion of Mercury. The parted kernels made into an electuary, or the milk drawn from the kernels with mead or honeyed water, is very good to help an old cough, and being parched, and a little pepper put to them and drank, digeſteth the diſtillations of rheum from the head. The dried huſks and ſhells, to the weight of two drams, taken in red wine, ſtayeth laſks and womens courſes, and ſo doth the red ſkin that covers the kernels, which is more effectual to ſtay womens courſes.

And if this be true, as it is, then why ſhould the vulgar ſo familiarly affirm, that eating Nuts cauſeth ſhortneſs of breath? than which nothing is falſer. For, how can that which ſtrengthens the lungs, cauſe ſhortneſs of breath? I confeſs, the opinion is far older than I am; I knew tradition was friend to error before, but never that he was the father of ſlander: or are mens tongues ſo given to ſlandering one another, that they muſt ſlander Nuts too, to keep their tongues in uſe? If any thing of the Hazel-Nut be ſtopping, it is the huſks and ſhells, and no body is ſo mad to eat them, unleſs phyſically; and the red ſkin which covers the kernel, you may eaſily pull off. And ſo thus have I made an apology for Nuts, which cannot ſpeak for themſelves.

Hawk-

Hawk-weed.

Deſcript.] IT hath many large leaves lying upon the ground, much rent or torn on the ſides into gaſhes like Dandelion, but with greater parts, more like the ſmooth Sow Thiſtle, from among which riſeth a hollow, rough ſtalk, two or three feet high, branched from the middle upward, whereon are ſet at every joint longer leaves, little or nothing rent or cut, bearing on their top ſundry pale, yellow flowers, conſiſting of many ſmall, narrow leaves, broad pointed, and nicked in at the ends, ſet in a double row or more, the outermoſt being larger than the inner, which from moſt of the Hawk-weeds (for there are many kinds of them) do hold, which turn into down, and with the ſmall browniſh ſeed is blown away with the wind. The root is long, and ſomewhat greater, with many ſmall fibres thereat. The whole plant is full of bitter milk.

Place.] It groweth in divers places about the field-ſides, and the path-ways in dry grounds.

Time.] It flowereth and flies away in ſummer months.

Government and Virtues.] Saturn owns it. Hawk-weed (ſaith Dioſcorides) is cooling, ſomewhat drying and binding, and therefore good for the heat of the ſtomach, and gnawings therein; for inflammations, and the hot fits of agues. The juice thereof in wine, helpeth digeſtion, diſcuſſeth wind, hindereth crudities abiding in the ſtomach, and helpeth the difficulty of making water, the biting of venomous ſerpents, and ſtinging of the ſcorpion, if the herb be alſo outwardly applied to the place, and is very good againſt all other poiſons. A ſcruple of the dried root given in wine and vinegar, is profitable for thoſe who have the dropſy. The decoction of the herb taken with honey, digeſteth the phlegm in the cheſt or lungs, and with hyſſop helpeth the cough. The decoction thereof, and of wild ſuccory, made with wine, and taken, helpeth the wind colic, and hardneſs of the ſpleen; it procureth reſt and ſleep, hindereth venery and venerous dreams, cooling heats, purgeth the ſtomach, increaſeth blood, and helpeth the diſeaſes of reins and bladder. Outwardly applied, it is ſingularly good for all the defects and diſeaſes of the eyes, uſed with ſome womens milk; and uſed with good ſucceſs in fretting or creeping ulcers, eſpecially in the beginning. The green leaves bruiſed, and with a little ſalt

applied

applied to any place burnt with fire, before bliſters do ariſe, helpeth them; alſo inflammations, St. Anthony's fire, and all puſhes and eruptions, hot and ſalt phlegm. The ſame applied with meal and fair water, in manner of a poultice, to any place affected with convulſions and the cramp, ſuch as are out of joint, doth give help and eaſe. The diſtilled water cleanſeth the ſkin, and taketh away freckles, ſpots, morphew, or wrinkles in the face.

Hawthorn.

IT is not my intent to trouble you with a deſcription of this tree, which is ſo well known that it needeth none. It is ordinarily but a hedge buſh, although pruned and dreſſed, it groweth to a tree of a reaſonable height.

As for the Hawthorn-Tree at Glaſtenbury, which is ſaid to flower yearly on Chriſtmas-day, it rather ſhews the ſuperſtition of thoſe that obſerve it for the time of its flowering, than any great wonder, ſince the like may be found in divers other places of this land; as in Wheyſtreet in Romney-Marſh, and near unto Nantwich in Cheſhire, by a place called White-Green, where it flowereth about Chriſtmas and May. If the weather be froſty, it flowereth not until January, or that the hard weather be over.

Government and Virtues.] It is a tree of Mars. The ſeeds in the berries beaten to powder, being drank in wine, are held ſingular good againſt the ſtone and the dropſy. The diſtilled water of the flower ſtayeth the laſk. The ſeed cleared from the down, bruiſed and boiled in wine, and drank, is good for inward tormenting pains. If cloths and ſpunges be wet in the diſtilled water, and applied to any place wherein thorns and ſplinters, or the like, do abide in the fleſh, it will notably draw them forth.

And thus you ſee the thorn gives a medicine for his own pricking, and ſo doth almoſt every thing elſe.

Hemlock.

Deſcript.] THE common great Hemlock groweth up, with a green ſtalk, four or five feet high, or more, full of red ſpots ſometimes, and at the joints very large winged leaves ſet at them, which are divided into many other winged leaves, one ſet againſt the other, dented

dented about the edges, of a ſad green colour, branched towards the top, where it is full of umbels of white flowers, and afterwards with whitiſh flat ſeed; the root is long, white, and ſomewhat crooked, and hollow within. The whole plant, and every part, hath a ſtrong, heady, and ill-favoured ſcent, much offending the ſenſes.

Place.] It groweth in all counties of this land, by walls and hedge-ſides, in waſte grounds and untilled places.

Time.] It flowereth and ſeedeth in July, or thereabouts.

Government and Virtues.] Saturn claims dominion over this herb, yet I wonder why it may not be applied to the privities in a Priapiſm, or continual ſtanding of the yard, it being very beneficial to that diſeaſe; I ſuppoſe, my author's judgment was firſt upon the oppoſite diſpoſition of Saturn to Venus in thoſe faculties, therefore he forbad the applying of it to thoſe parts, that it might not cauſe barrenneſs, or ſpoil the ſpirit procreative; which if it do, yet applied to the privities, it ſtops its luſtful thoughts. Hemlock is exceedingly cold, and very dangerous, eſpecially to be taken inwardly. It may ſafely be applied to inflammations, tumours and ſwellings in any part of the body, (ſave the privy parts) as alſo to St. Anthony's fire, wheals, puſhes, and creeping ulcers that ariſe of hot ſharp humours, by cooling and repelling the heat; the leaves bruiſed and laid to the brow or forehead are good for the eyes that are red and ſwollen; as alſo to take away a pin and web growing in the eye; this is a tried medicine. Take a ſmall handful of this herb, and half ſo much Bay ſalt, beaten together, and applied to the contrary wriſt of the hand, for 24 hours, doth remove it in thrice dreſſing. If the root thereof be roaſted under the embers, wrapped in double wet paper, until it be ſoft and tender, and then applied to the gout in the hands and fingers, it will qdickly help this evil. If any, through miſtake, eat the herb Hemlock inſtead of Parſley, or the roots inſtead of a Parſnip (both of which it is very like) whereby happeneth a kind of frenzy, or perturbation of the ſenſes, as if they were ſtupid and drunk, the remedy is (as Pliny ſaith) to drink of the beſt and ſtrongeſt pure wine, before it ſtrikes to the heart, or gentian, put in wine, or a draught of vinegar, wherewith Tragus doth affirm, that he cured a woman that had eaten the root.

Hemp.

Hemp.

THIS is ſo well known to every good houſewife in the country, that I ſhall not need to write any deſcription of it.

Time.] It is ſown in the end of March, or beginning of April.

Government and Virtues.] It is a plant of Saturn, and good for ſomething elſe, you ſee, than to make halters only. The ſeed of Hemp conſumeth wind, and by too much uſe thereof diſperſeth it ſo much, that it drieth up the natural ſeed for procreation; yet, being boiled in milk, and taken, helpeth ſuch as have a hot dry cough. The Dutch make an emulſion out of the ſeed, and give it with good ſucceſs to thoſe that have the jaundice, eſpecially in the beginning of the diſeaſe, if there be no ague accompanying it, for it openeth obſtructions of the gall, and cauſeth digeſtion of choler. The emulſion or decoction of the ſeed ſtayeth laſks and continual fluxes, eaſeth the colic, and allayeth the troubleſome humours in the bowels, and ſtayeth bleeding at the mouth, noſe, or other places, ſome of the leaves being fried with the blood of them that bleed, and ſo given them to eat. It is held very good to kill the worms in men or beaſts; and the juice dropped into the ears, killeth the worms in them, and draweth forth earwigs, or other living creatures gotten in them. The decoction of the root allayeth inflammations of the head, or any other parts; the herb itſelf, or the diſtilled water thereof, doth the like. The decoction of the roots eaſeth pains of the gout, the hard humours of knots in the joints, the pains and ſhrinking of the ſinews, and the pains of the hips. The freſh juice mixed with a little oil and butter, is good for any place that hath been burnt with fire, being thereto applied.

Henbane.

Deſcript.] OUR common Henbane hath very large, thick, ſoft, woolly leaves, lying on the ground, much cut in, or torn on the edges, of a dark, ill greyiſh green colour; among which ariſe up divers thick and ſhort ſtalks, two or three feet high, ſpread into divers ſmall branches, with leſſer leaves on them, and many hollow flowers, ſcarce appearing above the huſk, and uſually torn on one ſide, ending in five round points,

points, growing one above another, of a deadiſh yellowiſh colour, ſomewhat paler towards the edges, with many purpliſh veins therein, and a dark, yellowiſh purple in the bottom of the flower, with a ſmall point of the ſame colour in the middle, each of them ſtanding in a hard cloſe huſk, which after the flowers are paſt, groweth very like the huſk of Aſarabacca, and ſomewhat ſharp at the top points, wherein is contained much ſmall ſeed, very like Poppy ſeed, but of a duſky, greyiſh colour. The root is great, white and thick, branching forth divers ways under ground, ſo like a Parſnip root (but that it is not ſo white) that it hath deceived others. The whole plant, more than the root, hath a very heavy, ill, ſoporiferous ſmell, ſomewhat offenſive.

Place.] It commonly groweth by the way-ſides, and under hedge-ſides and walls.

Time] It flowereth in July, and ſpringeth again yearly of its own ſeed. I doubt my authors miſtook July for June, if not for May.

Government and Virtues.] I wonder how aſtrologers could take on them to make this an herb of Jupiter; and yet Mezaldus, a man of a penetrating brain, was of that opinion as well as the reſt; the herb is indeed under the dominion of Saturn, and I prove it by this argument: All the herbs which grow in Saturnine places, are Saturnine herbs. But Henbane delights moſt to grow in Saturnine places, and whole cart loads of it may be found near the places where they empty the common Jacks, and ſcarce a ditch to be found without it growing by it. Ergo, it is an herb of Saturn. The leaves of Henbane do cool all hot inflammations in the eyes, or any other part of the body; and are good to aſſuage all manner of ſwellings of the cods, or womens breaſts, or elſewhere, if they be boiled in wine, and either applied themſelves, or the fomentation warm; it alſo aſſuageth the pain of the gout, the ſciatica, and other pains in the joints which ariſe from a hot cauſe. And applied with vinegar to the forehead and temples, helpeth the head-ach and want of ſleep in hot fevers. The juice of the herb or ſeed, or the oil drawn from the ſeed, does the like. The oil of the ſeed is helpful for deafneſs, noiſe, and worms in the ears, being dropped therein; the juice of the herb or root doth the ſame. The decoction of the herb or ſeed, or both, killeth lice in

man

man or beaſt. The fume of the dried herb, ſtalks and ſeed, burned, quickly healeth ſwellings, chilblains or kibes in the hands or feet, by holding them in the fume thereof. The remedy to help thoſe that have taken Henbane is to drink goat's milk, honeyed water, or pine kernels, with ſweet wine; or, in the abſence of theſe, Fennel-ſeed, Nettle-ſeed, the ſeed of Creſſes, Muſtard, or Radiſh; as alſo Onions or Garlick taken in wine, do all help to free them from danger, and reſtore them to their due temper again.

Take notice, that this herb muſt never be taken inwardly; outwardly, an oil, ointment, or plaiſter of it, is moſt admirable for the gout, to cool the venereal heat of the reins in the French pox; to ſtop the tooth-ach, being applied to the aching ſide; to allay all inflammations, and to help the diſeaſes before premiſed.

Hedge Hyſſop.

Deſcript.] DIVERS ſorts there are of this plant; the firſt of which is an Italian by birth, and only nurſed up here in the gardens of the curious. Two or three ſorts are found commonly growing wild here, the deſcription of two of which I ſhall give you. The firſt is a ſmooth, low plant, not a foot high, very bitter in taſte, with many ſquare ſtalks, diverſly branched from the bottom to the top, with divers joints, and two ſmall leaves at each joint, broader at the bottom than they are at the end, and full of veins. The flowers ſtand at the joints, being of a fair purple colour, with ſome white ſpots in them, in faſhion like thoſe of dead nettles. The ſeed is ſmall and yellow, and the roots ſpread much under ground.

The ſecond ſeldom groweth half a foot high, ſending up many ſmall branches, whereon grow many ſmall leaves, ſet one againſt the other, ſomewhat broad, but very ſhort. The flowers are like the flowers of the other in faſhion, but of a pale reddiſh colour. The ſeeds are ſmall and yellowiſh. The root ſpreadeth like the other, neither will it yield to its fellow one ace of bitterneſs.

Place.] They grow in wet low grounds, and by the water-ſides; the laſt may be found among the bogs on Hampſtead Heath.

Time.]

Time.] They flower in June and July, and the ſeed is ripe preſently after.

Government and Virtues.] They are herbs of Mars, and as choleric and churliſh as he is, being moſt violent purges, eſpecially of choler and phlegm. It is not ſafe taking them inwardly, unleſs they be well rectified by the art of the alchymiſt, and only the purity of them given; ſo uſed they may be very helpful both for the dropſy, gout, and ſciatica; outwardly uſed in ointments they kill worms, the belly anointed with it, and are excellent good to cleanſe old and filthy ulcers.

Black Hellebore.

IT is alſo called Setter-wort, Setter-graſs, Bear's-foot, Chriſtmas-herb, and Chriſtmas-flower.

Deſcript.] It hath ſundry fair green leaves riſing from the root, each of them ſtanding about an handful high from the earth; each leaf is divided into ſeven, eight, or nine parts, dented from the middle of the leaf to the point on both ſides, abiding green all the Winter; about Chriſtmas-time, if the weather be any thing temperate, the flowers appear upon foot-ſtalks, alſo conſiſting of five large, round, white leaves a-piece, which ſometimes are purple towards the edges, with many pale yellow thumbs in the middle; the ſeeds are divided into ſeveral cells, like thoſe of Columbines, ſave only that they are greater; the ſeeds are in colour black, and in form, long and round. The root conſiſteth of numberleſs blackiſh ſtrings all united into one head. There is another Black Hellebore, which grows up and down in the woods very like this, but only that the leaves are ſmaller and narrower, and periſh in the Winter, which this doth not.

Place.] The firſt is maintained in gardens. The ſecond is commonly found in the woods in Northamptonſhire.

Time.] The firſt flowereth in December or January; the ſecond in February or March.

Government and Virtues.] It is an herb of Saturn, and therefore no marvel if it hath ſome ſullen conditions with it, and would be far fairer, being purified by the art of the alchymiſt, than given raw. If any have taken any harm by taking it, the common cure is to take goat's milk: if you cannot get goat's milk, you muſt make a ſhift with ſuch as you can get. The roots are very effectual

effectual againſt all melancholy diſeaſes, eſpecially ſuch as are of long ſtanding, as quartan agues and madneſs; it helps the falling ſickneſs, the leproſy, both the yellow and black jaundice, the gout, ſciatica, and convulſions; and this was found out by experience, that the root of that which groweth wild in our country, works not ſo churliſhly as thoſe do which are brought from beyond ſea, as being maintained by a more temperate air. The root, uſed as a peſſary, provokes the terms exceedingly; alſo being beaten into powder, and ſtrewed upon foul ulcers, it conſumes the dead fleſh, and inſtantly heals them; nay, it will help gangrenes in the beginning. Twenty grains taken inwardly is a ſufficient doſe for one time, and let that be corrected with half ſo much cinnamon; country people uſed to rowel their cattle with it. If a beaſt be troubled with a cough, or have taken any poiſon, they bore a hole through his ear, and put a piece of the root in it, this will help him in 24 hours time. Many other ules farriers put it to, which I ſhall forbear.

Herb Robert.

Deſcript.] IT riſeth up with a reddiſh ſtalk, two feet high, having divers leaves thereon upon very long and reddiſh foot-ſtalks, divided at the ends into three or five diviſions, each of them cut in on the edges, ſome deeper than others, and all dented likewiſe about the edges, which ſometimes turn reddiſh. At the tops of the ſtalks come forth divers flowers made of five leaves, much larger than the dove's-foot, and a more reddiſh colour; after which come back heads, as in others. The root is ſmall and thready, and ſmelleth as the whole plant, very ſtrong, almoſt ſtinking.

Place.] This groweth frequently everywhere by the way-ſides, upon ditch banks and waſte grounds whereſoever one goeth.

Time.] It flowereth in June and July chiefly, and the ſeed is ripe ſhortly after.

Government and Virtues.] It is under the dominion of Venus. Herb Robert is commended not only againſt the ſtone, but to ſtay blood, where or howſoever flowing; it ſpeedily healeth all green wounds, and is effectual in old ulcers in the privy parts, or elſewhere. You may

may perſuade yourſelf this is true, and alſo conceive a good reaſon for it, do but conſider it is an herb of Venus, for all it hath a man's name.

Herb True-love, or One-berry.

Deſcript.] ORdinary Herb True-love, hath a ſmall creeping root running under the uppermoſt cruſt of the ground, ſomewhat like couch-graſs root, but not ſo white, ſhooting forth ſtalks with leaves, ſome whereof carry no berries, the others do; every ſtalk ſmooth without joints, and blackiſh green, riſing about half a foot high, if it bear berries, otherwiſe ſeldom ſo high, bearing at the top four leaves ſet directly one againſt another, in manner of a croſs or ribband tied (as it is called) in a true-loves knot, which are each of them apart ſomewhat like unto a night-ſhade leaf, but ſomewhat broader, having ſometimes three leaves, ſometimes five, ſometimes ſix, and thoſe ſometimes greater than in others, in the middle of the four leaves riſeth up one ſmall ſlender ſtalk, about an inch high, bearing at the tops thereof one flower ſpread like a ſtar, conſiſting of four ſmall and long narrow-pointed leaves of a yellowiſh green colour, and four others lying between them leſſer than they; in the middle whereof ſtands a round dark purpliſh button or head, compaſſed about with eight ſmall yellow mealy threads with three colours, making it the more conſpicuous, and lovely to behold. This button or head in the middle, when the other leaves are withered, becometh a blackiſh purple berry, full of juice, of the bigneſs of a reaſonable grape, having within it many white ſeeds. The whole plant is without any manifeſt taſte.

Place.] It groweth in woods and copſes, and ſometimes in the corners or borders of fields, and waſte grounds in very many places of this land, and abundantly in the woods, copſes, and other places about Chiſlehurſt, and Maidſtone in Kent.

Time.] They ſpring up in the middle of April or May, and are in flower ſoon after. The berries are ripe in the end of May, and in ſome places in June.

Government and Virtues.] Venus owns it; the leaves or berries hereof are effectual to expel poiſon of all ſorts, eſpecially that of the aconites; as alſo, the plague, and other peſtilential diſorders: Matthiolus ſaith, that ſome

that

that have lain long in a lingering ſickneſs, and others that by witchcraft (as it was thought) were become half fooliſh, by taking a dram of the ſeeds or berries hereof in powder every day for 20 days together, were reſtored to their former health. The roots in powder taken in wine, eaſeth the pains of the colick ſpeedily. The leaves are very effectual, as well for green wounds, as to cleanſe and heal up filthy old ſores and ulcers; and is very powerful to diſcuſs old tumours and ſwellings in the cods, privy parts, the groin, or in any part of the body, and ſpeedily to allay all inflammations. The juice of the leaves applied to felons, or thoſe nails of the hands or toes that have impoſthumes or ſores gathered together at the roots of them, healeth them in a ſhort ſpace. The herb is not to be deſcribed for the premiſes, but is fit to be nouriſhed in every good woman's garden.

Hyſſop.

HYSSOP is ſo well known to be an inhabitant in every garden, that it will ſave me labour in writing a deſcription thereof. The virtues are as follow:

Temperature and Virtues.] The herb is Jupiter's, and the ſign Cancer. It ſtrengthens all the parts of the body under Cancer and Jupiter; which what they may be, is found amply diſcourſed in my aſtrological judgment of diſeaſes. Dioſcorides ſaith, that Hyſſop boiled with rue and honey, and drank, helpeth thoſe that are troubled with coughs, ſhortneſs of breath, wheezing and rheumatic diſtillations upon the lungs; taken alſo with oxymel, it purgeth groſs humours by ſtool; and with honey killeth worms in the belly; and with freſh and new figs bruiſed, helpeth to looſen the belly, and more forcibly, if the root of Flower-de-luce and Creſſes be added thereto. It amendeth and cheriſheth the native colour of the body, ſpoiled by the yellow jaundice; and being taken with figs and nitre, helpeth the dropſy and ſpleen; being boiled with wine, it is good to waſh inflammations, and taketh away the black and blue ſpots and marks that come by ſtrokes, bruiſes, or falls, being applied with warm water. It is an excellent medicine for the quinſey, or ſwelling in the throat, to waſh and gargle it, being boiled in figs; it helpeth the tooth-ach, being boiled with vinegar and gargled therewith. The hot vapours of the decoction taken by a funnel in at the

the ears, eaſeth the inflammations and ſinging noiſe of them. Being bruiſed, and ſalt, honey, and cummin-ſeed put to it, helpeth thoſe that are ſtung by ſerpents. The oil thereof (the head being anointed) killeth lice, and taketh away itching of the head. It helpeth thoſe that have the falling-ſickneſs, which way ſoever it be applied. It helpeth to expectorate tough phlegm, and is effectual in all cold grieſs, or diſeaſes of the cheſts or lungs, being taken either in ſyrup or licking medicine. The green herb bruiſed, and a little ſugar applied thereto, doth quickly heal any cut or green wounds, being thereunto applied.

Hops.

THESE are ſo well known, that they need no deſcription; I mean the manured kind, which every good huſband or houſewife is acquainted with.

Deſcript.] This wild hop groweth up as the other doth, ramping upon trees or hedges that ſtand next to them, with rough branches and leaves like the former, but it giveth ſmaller heads, and in far leſs plenty than it, ſo that there is ſcarce a head or two ſeen in a year on divers of this wild kind, wherein conſiſteth the chief difference.

Place.] They delight to grow in low moiſt grounds, and are found in all parts of this land.

Time.] They ſpring not up until April, and flower not until the latter end of June; the heads are not gathered until the middle or latter end of September.

Government and Virtues.] It is under the dominion of Mars. This, in phyſical operations, is to open obſtructions of the liver and ſpleen, to cleanſe the blood, to looſen the belly, to cleanſe the reins from gravel, and provoke urine. The decoction of the tops of Hops, as well of the tame as the wild, worketh the ſame effects. In cleanſing the blood they help to cure the French diſeaſe, and all manner of ſcabs, itch, and other breakings-out of the body; as alſo all tetters, ring-worms, and ſpreading ſores; the morphew, and all diſcolouring of the ſkin. The decoction of the flowers and tops do help to expel poiſon that any one hath drank. Half a dram of the ſeed in powder taken in drink, killeth worms in the body, bringeth down womens courſes, and expelleth urine. A ſyrup made of the juice and ſugar, cureth the yellow jaundice, eaſeth the head-ach that comes

comes of heat, and tempereth the heat of the liver and ſtomach, and is profitably given in long and hot agues that riſe in choler and blood. Both the wild and the manured are of one property, and alike effectual in all the aforeſaid diſeaſes. By all theſe teſtimonies beer appears to be better than ale.

Mars owns the plant, and then Dr. Reaſon will tell you how it performs theſe actions.

Horehound.

Deſcript.] COMMON Horehound groweth up with ſquare hairy ſtalks, half a yard or two feet high, ſet at the joints with two round crumpled rough leaves, of a ſullen hoary green colour, of a reaſonable good ſcent, but a very bitter taſte. The flowers are ſmall, white, and gaping, ſet in a rough, hard prickly huſk round about the joints, with the leaves in the middle of the ſtalk upwards, wherein afterwards is found ſmall round blackiſh ſeed. The root is blackiſh, hard and woody, with many ſtrings, and abideth many years.

Place.] It is found in many parts of this land, in dry grounds, and waſte green places.

Time.] It flowereth in July, and the ſeed is ripe in Auguſt.

Government and Virtues.] It is an herb of Mercury. A decoction of the dried herb, with the ſeed, or the juice of the green herb taken with honey, is a remedy for thoſe that are ſhort-winded, have a cough, or are fallen into a conſumption, either through long ſickneſs, or thin diſtillations of rheum upon the lungs. It helpeth to expectorate tough phlegm from the cheſt, being taken from the roots of Iris or Orris. It is given to women to bring down their courſes, to expel their after-birth, and to them that have ſore and long travails; as alſo to thoſe that have taken poiſon, or are ſtung or bitten by venomous ſerpents. The leaves uſed with honey, purge foul ulcers, ſtay running or creeping ſores, and the growing of the fleſh over the nails; it alſo helpeth pains of the ſides. The juice thereof with wine and honey, helpeth to clear the eye-ſight; and ſnuffed up into the noſtrils, purgeth away the yellow jaundice; and with a little oil of roſes dropped into the ears, eaſeth the pains of them. Galen ſaith, it openeth obſtructions both of the liver and ſpleen, and purgeth the breaſt and lungs of phlegm; and uſed outwardly, it both cleanſeth and digeſteth. A de-

coction of Horehound (ſaith Matthiolus) is available for thoſe that have hard livers, and for ſuch as have itches and running tetters. The powder hereof taken, or the decoction, killeth worms. The green leaves bruiſed, and boiled in old hog's greaſe unto an ointment, healeth the bitings of dogs, abateth the ſwellings and pains that come by any pricking of thorns, or ſuch like means; and uſed with vinegar, cleanſeth and healeth tetters. There is a ſyrup made of Horehound to be had at the apothecaries, very good for old coughs, to rid phlegm; as alſo to void cold rheums from the lungs of old folks, and for thoſe that are aſthmatic or ſhort-winded.

Horſetail.

OF that there are many kinds, but I ſhall not trouble you nor myſelf with any large deſcription of them, which to do, were but as the proverb is, To find a knot in a ruſh, all the kinds thereof being nothing elſe but knotted ruſhes, ſome with leaves, and ſome without. Take the deſcription of the moſt eminent ſort as followeth:

Deſcript.] The great Horſetail at the firſt ſpringing hath heads ſomewhat like thoſe of aſparagus, and after grow to be hard, rough, hollow ſtalks, jointed at ſundry places up to the top, a foot high, ſo made as if the lower parts were put into the upper, where grow on each ſide a buſh of ſmall long ruſh-like hard leaves, each part reſembling a horſe-tail, from whence it is ſo called. At the tops of the ſtalks come forth ſmall catkins, like thoſe of trees. The root creepeth under ground, having joints at ſundry places.

Place.] This (as moſt of the other ſorts hereof) groweth in wet grounds.

Time.] They ſpring up in April, and their blooming catkins in July, ſeeding for the moſt part in Auguſt, and then periſh down to the ground, riſing afreſh in the Spring.

Government and Virtues.] The herb belongs to Saturn, yet is very harmleſs, and excellent good for the things following: Horſetail, the ſmoother rather than the rough, and the leaved rather than the bare, is moſt phyſical. It is very powerful to ſtaunch bleeding either inward or outward, the juice or the decoction thereof being drank, or the juice, decoction, or diſtilled water applied outwardly. It alſo ſtayeth all ſorts of laſks and fluxes in man or woman, and the piſſing of blood; and healeth alſo not only the inward ulcers, and the excoriation of the

the entrails, bladder, &c. but all other ſorts of foul, moiſt, and running ulcers, and ſoon ſodereth together the tops of green wounds. It cureth all ruptures in children. The decoction thereof in wine being drank, provoketh urine, and helpeth the ſtone and ſtrangury; and the diſtilled water thereof drank two or three times in a day, and a ſmall quantity at a time, alſo eaſeth the entrails or guts, and is effectual againſt a cough that comes by diſtillation from the head. The juice or diſtilled water being warmed, and hot inflammations, puſtles or red wheals, and other breakings-out in the ſkin, being bathed therewith, doth help them, and doth no leſs eaſe the ſwelling heat and inflammations of the fundament, or privy parts in men or women.

Houſeleek, or Sengreen.

BOTH theſe are ſo well known to my countrymen, that I ſhall not need to write any deſcription of them.

Place.] It groweth commonly upon walls and houſe-ſides, and flowereth in July.

Government and Virtues.] It is an herb of Jupiter; and it is reported by Mezaldus to preſerve what it grows upon from fire and lightning. Our ordinary Houſeleek is good for all inward heats, as well as outward, and in the eyes or other parts of the body: a poſſet made with the juice of Houſeleek, is ſingular good in all hot agues, for it cooleth and tempereth the blood and ſpirits, and quencheth the thirſt; and alſo good to ſtay all hot defluctions or ſharp and ſalt rheums in the eyes, the juice being dropped into them, or in the ears, helpeth them. It helpeth alſo other fluxes of humours in the bowels, and the immoderate courſes of women. It cooleth and reſtraineth all other hot inflammations, St. Anthony's fire, ſcaldings and burnings, the ſhingles, fretting ulcers, cankers, tetters, ring-worms, and the like; and much eaſeth the pain of the gout proceeding from a hot cauſe. The juice alſo taketh away warts and corns in the hands or feet, being often bathed therewith, and the ſkin and leaves being laid on them afterwards: it eaſeth alſo the head-ach, and diſtempered heat of the brain in frenzies, or through want of ſleep, being applied to the temples and forehead. The leaves bruiſed and laid upon the crown or ſeam of the head, ſtayeth bleeding at the noſe very quickly. The diſtilled water of the herb is pro-

fitable for all the purpoſes aforeſaid. The leaves being gently rubbed on any place ſtung with nettles or bees, doth quickly take away the pain.

Hound's Tongue.

Deſcript.] THE great ordinary Hound's Tongue hath many long, and ſomewhat narrow, ſoft, hairy, darkiſh green leaves lying on the ground, ſomewhat like unto Bugloſs leaves, from amongſt which riſeth up a rough hairy ſtalk about two feet high, with ſome ſmaller leaves thereon, and branched at the tops into divers parts, with a ſmall leaf at the foot of every branch, which is ſomewhat long, with many flowers ſet along the ſame, which branch is crooked or turneth inwards before it flowereth, and openeth by degrees as the flowers do blow, which conſiſt of ſmall purpliſh red leaves of a dead colour, riſing out of the huſks wherein they ſtand with ſome threads in the middle. It hath ſometimes a white flower. After the flowers are paſt, there cometh rough flat ſeed, with a ſmall pointle in the middle, eaſily cleaving to any garment that it toucheth, and not ſo eaſily pulled off again. The root is black, thick, and long, hard to break, and full of clammy juice, ſmelling ſomewhat ſtrong, of an evil ſcent, as the leaves alſo do.

Place.] It groweth in moiſt places of this land, in waſte grounds and untilled places, by highway-ſides, lanes, and hedge-ſides.

Time.] It flowereth about May or June, and the ſeed is ripe ſhortly after.

Government and Virtues] It is a plant under the dominion of Mercury. The root is very effectually uſed in pills, as well as the decoction, or otherwiſe, to ſtay all ſharp and thin deſluctions of rheum from the head into the eyes or noſe, or upon the ſtomach or lungs, as alſo for coughs and ſhortneſs of breath. The leaves boiled in wine (ſaith Dioſcorides, but others do rather appoint it to be made with water, and do add thereto oil and ſalt) mollifieth or openeth the belly downwards. It alſo helpeth to cure the biting of a mad dog, ſome of the leaves being alſo applied to the wound. The leaves bruiſed, or the juice of them boiled in hog's-lard, and applied, helpeth falling away of the hair, which cometh of hot and ſharp humours; as alſo for any place that is ſcalded or burnt: the leaves bruiſed and laid to any green

green wound doth heal it quickly; the root baked under the embers, wrapped in paſte or wet paper, or in a wet double cloth, and thereof a ſuppoſitory made, and put up into, or applied to the fundament, doth very effectually help the painful piles or hæmorrhoids. The diſtilled water of the herbs and roots is very good to all the purpoſes aforeſaid, to be uſed as well inwardly to drink, as outwardly to waſh any ſore place; for it healeth all manner of wounds and punctures, and thoſe foul ulcers that ariſe by the French-pox. Mizaldus adds, that the leaves laid under the feet, will keep the dogs from barking at you. It is called Hound's-tongue, becauſe it ties the tongues of hounds; whether true, or not, I never tried; yet I cured the biting of a mad dog with this only medicine.

Holy, Holm, or Hulver Buſh.

FOR to deſcribe a tree ſo well known is needleſs. *Government and Virtues.*] The tree is Saturnine. The berries expel wind, and therefore are held to be profitable in the colick. The berries have a ſtrong faculty with them; for if you eat a dozen of them in the morning when they are ripe and not dried, they purge the body of groſs and clammy phlegm; but if you dry the berries, and beat them into powder, they bind the body, and ſtop fluxes, bloody-fluxes, and the terms in women. The bark of the tree, and alſo the leaves, are excellent good, being uſed in fomentations for broken bones, and ſuch members as are out of joint. Pliny ſaith, the branches of the tree defend houſes from lightning, and men from witchcraft.

St. John's Wort.

Deſcript.] COMMON St. John's Wort ſhooteth forth browniſh, upright, hard round ſtalks, two feet high, ſpreading branches from the ſides up to the tops of them, with two ſmall leaves ſet one againſt another at every place, which are of a deep green colour, ſomewhat like the leaves of the leſſer Centaury, but narrow, and full of ſmall holes in every leaf, which cannot be ſo well perceived as when they are held up to the light; at the tops of the ſtalks and branches ſtand yellow flowers of five leaves a-piece, with many yellow threads in the middle, which being bruiſed, do yield a reddiſh

juice like blood; after which come ſmall round heads, wherein is contained ſmall blackiſh ſeed ſmelling like roſin. The root is hard and woody, with divers ſtrings and fibres at it, of a browniſh colour, which abideth in the ground many years, ſhooting anew every Spring.

Place.] This groweth in woods and copſes, as well thoſe that are ſhady, as open to the ſun.

Time.] They flower about Midſummer and July, and their ſeed is ripe about the latter end of July or Auguſt.

Government and Virtues.] It is under the celeſtial ſign Leo, and the dominion of the Sun. It may be, if you meet a Papiſt, he will tell you, eſpecially if he be a lawyer, that St. John made it over to him by a letter of attorney. It is a ſingular wound herb; boiled in wine and drank, it healeth inward hurts or bruiſes; made into an ointment, it opens obſtructions, diſſolves ſwellings, and cloſes up the lips of wounds. The decoction of the herb and flowers, eſpecially of the ſeed, being drank in wine, with the juice of knot-graſs, helpeth all manner of vomitting and ſpitting of blood, is good for thoſe that are bitten or ſtung by any venomous creature, and for thoſe that cannot make water. Two drams of the ſeed of St. John's Wort made into powder, and drank in a little broth, doth gently expel choler or congealed blood in the ſtomach. The decoction of the leaves and ſeeds drank ſomewhat warm before the fits of agues, whether they be tertians or quartans, alters the fits, and, by often uſing, doth take them quite away. The ſeed is much commended, being drank for forty days together, to help the ſciatica, the falling-ſickneſs, and the palſy.

Ivy.

IT is well known, to every child almoſt, to grow in woods upon the trees, and upon the ſtone-walls of churches, houſes, &c. and ſometimes to grow alone of itſelf, though but ſeldom.

Time.] It flowereth not until July, and the berries are not ripe till Chriſtmas, when they have felt winter froſts.

Government and Virtues.] It is under the dominion of Saturn. A pugil of the flowers, which may be about a dram (ſaith Dioſcorides) drank twice a day in red wine, helpeth the laſk and bloody-flux. It is an enemy to the nerves

nerves and ſinews, being much taken inwardly, but very helpful unto them, being outwardly applied. Pliny ſaith, the yellow berries are good againſt the jaundice; and taken before one be ſet to drink hard, preſerveth from drunkenneſs, and helpeth thoſe that ſpit blood; and the white berries being taken inwardly, or applied outwardly, killeth the worms in the belly. The berries are a ſingular remedy to prevent the plague, as alſo to free them from it that have got it, by drinking the berries thereof made into powder, for two or three days together. They being taken in wine, do certainly help to break the ſtone, provoke urine, and womens courſes. The freſh leaves of Ivy boiled in vinegar, and applied warm to the ſides of thoſe that are troubled with the ſpleen, ach, or ſtitch in the ſides, do give much eaſe: the ſame applied with Roſe-water, and oil of Roſes, to the temples and forehead, eaſeth the head-ach, though it be of long continuance. The freſh leaves boiled in wine, and old filthy ulcers, hard to be cured, waſhed therewith, do wonderfully help to cleanſe them: it alſo quickly healeth green wounds, and is effectual to heal all burnings and ſcaldings, and all kinds of exulcerations coming thereby, or by ſalt phlegm or humours in other parts of the body. The juice of the berries or leaves ſnuffed up into the noſe, purgeth the head and brain of rheum that maketh defluxions into the eyes and noſe, and curing the ulcers and ſtench therein; the ſame dropped into the ears, helpeth the old and running ſores of them; thoſe that are troubled with the ſpleen, ſhall find much eaſe by continual drinking out of a cup made of Ivy, ſo as the drink may ſtand ſome ſmall time therein before it be drank. Cato ſaith, That wine put into the cup, will ſoak through it, by reaſon of the antipathy that is between them.

There ſeems to be a very great antipathy between wine and Ivy; for if one hath got a ſurfeit by drinking of wine, his ſpeedieſt cure is to drink a draught of the ſame wine, wherein a handful of Ivy leaves, being firſt bruiſed, have been boiled.

Juniper Buſh.

FOR to give a deſcription of a buſh ſo commonly known, is needleſs.

Place.] They grow plentifully in divers woods in Kent; Warney Common, near Brentford, in Eſſex; upon Finchley Common without Highgate; hard by the Newfound Wells near Dulwich, upon a Common between Mitcham and Croydon; in the Highgate, near Amerſham, in Buckinghamſhire; and many other places.

Time.] The berries are not ripe the firſt year, but continue green two Summers and one Winter before they are ripe, at which time they are all of a black colour, and therefore you ſhall always find upon the buſh green berries; the berries are ripe about the fall of the leaf.

Government and Virtues.] This admirable ſolar ſhrub is ſcarce to be paralleled for its virtues. The berries are hot in the third degree, and dry but in the firſt, being a moſt admirable counter-poiſon, and as great a reſiſter of the peſtilence as any grows; they are excellent good againſt the bitings of venomous beaſts; they provoke urine exceedingly, and therefore are very available to dyſuries and ſtranguries. It is ſo powerful a remedy againſt the dropſy, that the very lee made of the aſhes of the herb being drank, cures the diſeaſe: it provokes the terms, helps the fits of the mother, ſtrengthens the ſtomach exceedingly, and expels the wind; indeed there is ſcarce a better remedy for wind in any part of the body, or the colick, than the chymical oil drawn from the berries. Such country people as know not how to draw the chymical oil, may content themſelves by eating ten or a dozen of the ripe berries every morning faſting. They are admirable good for a cough, ſhortneſs of breath and conſumption, pains in the belly, ruptures, cramps, and convulſions. They give ſafe and ſpeedy delivery to women with child; they ſtrengthen the brain exceedingly, help the memory, and fortify the ſight by ſtrengthening the optic nerves; are excellent good in all ſorts of agues; help the gout and ſciatica, and ſtrengthen all the limbs of the body. The aſhes of the wood is a ſpeedy remedy to ſuch as have the ſcurvy, to rub their gums with. The berries ſtay all fluxes, help the hæmorrhoids or piles, and kill worms in children. A lee made of the aſhes of the wood, and the body bathed with it, cures the itch, ſcabs and leproſy. The berries break the ſtone, procure appetite when it is loſt, and are excellent good for all palſies, and falling-ſickneſs.

Kidney-

Kidneywort, or Wall Pennyroyal, or Wall Pennywort.

Deſcript.] IT hath many thick, flat, and round leaves growing from the root, every one having a long footſtalk, faſtened underneath, about the middle of it, and a little unevenly weaved ſometimes about the edges, of a pale green colour, and ſomewhat yellow on the upper ſide like a ſaucer; from among which ariſe one or more tender, ſmooth, hollow ſtalks, half a foot high, with two or three ſmall leaves thereon, uſually not round as thoſe below, but ſomewhat long, and divided at the edges; the tops are ſomewhat divided into long branches, bearing a number of flowers, ſet round about a long ſpike one above another, which are hollow like a little bell of a whitiſh green colour, after which come ſmall heads, containing very ſmall browniſh ſeed, which falling on the ground, will plentifully ſpring up before Winter, if it have moiſture. The root is round and moſt uſually ſmooth, greyiſh without, and white within, having ſmall fibres at the head of the root, and bottom of the ſtalk.

Place.] It groweth very plentifully in many places in this land, but eſpecially in all the weſt parts thereof, upon ſtone and mud walls, upon rocks alſo, and in ſtony places upon the ground, at the bottom of old trees, and ſometimes on the bodies of them that are decayed and rotten.

Time.] It uſually flowereth in the beginning of May, and the ſeed ripeneth quickly after, ſheddeth itſelf; ſo that about the end of May, uſually the leaves and ſtalks are withered, dry, and gone until September, and the leaves ſpring up again, and ſo abide all Winter.

Government and Virtues.] Venus challengeth the herb under Libra. The juice or the diſtilled water being drank, is very effectual for all inflammations and unnatural heats, to cool a fainting hot ſtomach, a hot liver, or the bowels: the herb, juice, or diſtilled water thereof, outwardly applied, healeth pimples, St. Anthony's fire, and other outward heats. The ſaid juice or water helpeth to heal ſore kidnies, torn or fretted by the ſtone, or exulcerated within; it alſo provoketh urine, is available for the dropſy, and helpeth to break the ſtone. Being uſed as a bath, or made an ointment, it cooleth the painful piles or hæmorrhoidal veins. It is

no leſs effectual to give eaſe to pains of the gout, the ſciatica, and the inflammations and ſwellings in the cods; it helpeth the kernels or knots in the neck or throat, called the king's evil; healing kibes and chilblains if they be bathed with the juice, or anointed with ointment made thereof, and ſome of the ſkin of the leaf upon them; it is alſo uſed in green wounds to ſtay the blood, and to heal them quickly.

Knapweed.

Deſcript. THE common ſort hereof hath many long and ſomewhat broad dark green leaves, riſing from the root, dented about the edges, and ſometimes a little rent or torn on both ſides in two or three places, and ſomewhat hairy withal; amongſt which ariſeth a long round ſtalk, four or five feet high, divided into many branches, at the tops whereof ſtand great ſcaly green heads, and from the middle of them thruſt forth a number of dark purpliſh red thrumbs or threads, which after they are withered and paſt, there are found divers black ſeeds, lying in a great deal of down, ſomewhat like unto Thiſtle ſeed, but ſmaller; the root is white, hard and woody, and divers fibres annexed thereunto, which periſheth not, but abideth with leaves thereon all the Winter, ſhooting out freſh every Spring.

Place.] It groweth in moſt fields and meadows, and about their borders and hedges, and in many waſte grounds alſo everywhere.

Time.] It uſually flowereth in June or July, and the ſeed is ripe ſhortly after.

Government and Virtues.] Saturn challengeth the herb for his own. This Knapweed helpeth to ſtay fluxes, both of blood at the mouth or noſe, or other outward parts, and thoſe veins that are inwardly broken, or inward wounds, as alſo the fluxes of the belly; it ſtayeth diſtillations of thin and ſharp humours from the head upon the ſtomach and lungs; it is good for thoſe that are bruiſed by any fall, blows, or otherwiſe, and is profitable for thoſe that are burſten, and have ruptures, by drinking the decoction of the herb and roots in wine, and applying the ſame outwardly to the place. It is ſingularly good in all running ſores, cancerous and fiſtulous, drying up of the moiſture, and healing them up gently, without ſharpneſs; it doth the like to running ſores or ſcabs of the head, or other parts. It is of ſpe-

cial

cial uſe for the foreneſs of the throat, ſwelling of the uvula and jaws, and excellent good to ſtay bleeding, and heal up all green wounds.

Knotgraſs.

IT is generally known ſo well that it needeth no deſcription.

Place.] It groweth in every county of this land, by the highway ſides, and by foot paths in fields; as alſo by the ſides of old walls.

Time.] It ſpringeth up late in the Spring, and abideth until the Winter, when all the branches periſh.

Government and Virtues.] Saturn ſeems to me to own the herb, and yet ſome hold the ſun; out of all doubt 'tis Saturn. The juice of the common kind of Knotgraſs is moſt effectual to ſtay bleeding of the mouth, being drank in ſteeled or red wine; and the bleeding at the noſe, to be applied to the forehead or temples, or to be ſquirted up into the noſtrils. It is no leſs effectual to cool and temper the heat of the blood and ſtomach, and to ſtay any flux of the blood and humours, as laſks, bloody-flux, womens courſes, and running of the reins. It is ſingular good to provoke urine, help the ſtrangury, and allayeth the heat that cometh thereby; and is powerful by urine to expel the gravel or ſtone in the kidneys and bladder, a dram of the powder of the herb being taken in wine for many days together: being boiled in wine and drank, it is profitable to thoſe that are ſtung or bitten by venomous creatures, and very effectual to ſtay all defluxions of rheumatic humours upon the ſtomach, and killeth worms in the belly or ſtomach, quieteth inward pains that ariſe from the heat, ſharpneſs and corruption of blood and choler. The diſtilled water hereof taken by itſelf, or with the powder of the herb or ſeed, is very effectual to all the purpoſes aforeſaid, and is accounted one of the moſt ſovereign remedies to cool all manner of inflammations, breaking out through heat, hot ſwellings and impoſthumes, gangrene and fiſtulous cankers, or foul filthy ulcers, being applied or put into them; but eſpecially for all ſorts of ulcers and ſores happening in the privy parts of men and women. It helpeth all freſh and green wounds, and ſpeedily healeth them. The juice dropped in the ears, cleanſeth them being foul, and having running matter in them.

It is very prevalent for the premiſes, as alſo for broken joints and ruptures.

Ladies-Mantle.

Deſcript.] IT hath many leaves riſing from the root ſtanding upon long hairy foot-ſtalks, being almoſt round, and a little cut on the edges, into eight or ten parts, making it ſeem like a ſtar, with ſo many corners and points, and dented round about, of a light colour, ſomewhat hard in handling, and as it were folded or plaited at firſt, and then crumpled in divers places, and a little hairy, as the ſtalk is alſo, which riſeth up among them to the height of two or three feet; and being weak, is not able to ſtand upright, but bendeth to the ground, divided at the top into two or three branches, with ſmall yellowiſh green heads, and flowers of a whitiſh colour breaking out of them; which being paſt, there cometh a ſmall yellowiſh ſeed like a poppy-ſeed: the root is ſomewhat long and black, with many ſtrings and fibres thereat.

Place.] It groweth naturally in many paſtures and woodſides in Hertfordſhire, Wiltſhire, and Kent, and other places of this land.

Time.] It flowereth in May and June, abideth after ſeed-time green all the Winter.

Government and Virtues.] Venus claims the herb as her own. Ladies-Mantle is very proper for thoſe wounds that have inflammations, and is very effectual to ſtay bleeding, vomitings, fluxes of all ſorts, bruiſes by falls or otherwiſe, and helpeth ruptures; and ſuch women or maids as have over great flagging breaſts, cauſing them to grow leſs and hard, being both drank, and outwardly applied for 20 days together helpeth conception, and to retain the birth; if the woman do ſometimes alſo ſit in a bath made of the decoction of the herb. It is one of the moſt ſingular wound herbs that is, and therefore highly prized and praiſed by the Germans, who uſe it in all wounds inward and outward, to drink a decoction thereof, and waſh the wounds therewith, or dip tents therein, and put them into the wounds, which wonderfully drieth up all humidity of the ſores, and abateth inflammations therein. It quickly healeth all green wounds, not ſuffering any corruptions to remain behind,

behind, and cureth all old ſores, though fiſtulous and hollow.

Lavender.

BEING an inhabitant almoſt in every garden, it is ſo well known, that it needeth no deſcription.

Time.] It flowereth about the end of June and beginning of July.

Government and Virtues.] Mercury owns the herb, and it carries his effects very potently. Lavender is of a ſpecial good uſe for all the griefs and pains of the head and brain that proceed of a cold cauſe, as the apoplexy, falling-ſickneſs, the dropſy, or ſluggiſh malady, cramps, convulſions, palſies, and often faintings. It ſtrengthens the ſtomach, and freeth the liver and ſpleen from obſtructions, provoketh womens courſes, and expelleth the dead child and after-birth. The flowers of Lavender ſteeped in wine, helpeth them to make water that are ſtopped, or are troubled with the wind or colick, if the place be bathed therewith. A decoction made with the flowers of Lavender, Hore-hound, Fennel, and Aſparagus root, and a little Cinnamon, is very profitably uſed to help the falling-ſickneſs, and the giddineſs or turning of the brain; to gargle the mouth with the decoction thereof, is good againſt the tooth-ach. Two ſpoonfuls of the diſtilled water of the flowers taken, helpeth them that have loſt their voice, as alſo the tremblings and paſſions of the heart, and faintings and ſwooning, not only being drank, but applied to the temples, or noſtrils to be ſmelt unto; but it is not ſafe to uſe it where the body is replete with blood and humours, becauſe of the hot and ſubtil ſpirits wherewith it is poſſeſſed. The chymical oil drawn from Lavender, uſually called Oil of Spike, is of ſo fierce and piercing a quality, that it is cautiouſly to be uſed, ſome few drops being ſufficient, to be given with other things, either for inward or outward griefs.

Lavender-Cotton.

IT being a common garden herb, I ſhall forbear the deſcription, only take notice, that it flowereth in June and July.

Government

Government and Virtues.] It is under the dominion of Mercury. It reſiſteth poiſon, putrefaction, and heals the bitings of venomous beaſts: a dram of the powder of the dried leaves taken every morning faſting, ſtops the running of the reins in men, and whites in women. The ſeed beaten into powder, and taken as worm-ſeed, kills the worms, not only in children, but alſo in people of riper years; the like doth the herb itſelf, being ſteeped in milk, and the milk drank; the body bathed with the decoction of it helps ſcabs and itch.

Ladies Smock, or Cuckow-Flowers.

Deſcript.] THE root is compoſed of many ſmall white threads, from whence ſpring divers long ſtalks of winged leaves, conſiſting of round, tender, dark green leaves, ſet one againſt another upon a middle rib, the greateſt being at the end, amongſt which ariſe up divers weak round, green ſtalks, ſomewhat ſtreaked, with longer and ſmaller leaves upon them; on the tops of which ſtand flowers, almoſt like the Stock Gilliflowers, but rounder, and not ſo long, of a bluſhing, white colour; the ſeed is reddiſh, and groweth to ſmall bunches, being of a ſharp biting taſte, and ſo hath the herb.

Place.] They grow in moiſt places, and near to brook-ſides.

Time.] They flower in April and May, and the lower leaves continue green all the Winter.

Government and Virtues.] They are under the dominion of the Moon, and very little inferior to Water-Creſſes in all their operations: they are excellent good for the ſcurvy; they provoke urine, and break the ſtone, and excellently warm a cold and weak ſtomach, reſtoring loſt appetite, and help digeſtion.

Lettuce.

IT is ſo well known, being generally uſed as a Sallet-herb, that it is altogether needleſs to write any deſcription thereof.

Government and Virtues.] The Moon owns them, and that is the reaſon they cool and moiſten what heat and dryneſs Mars cauſeth, becauſe Mars hath his fall in Cancer; and they cool the heat becauſe the Sun rules it, be-

between whom and the Moon is a reception in the generation of man, as you may ſee in my Guide for Women. The juice of Lettuce mixed or boiled with Oil of Roſes, applied to the forehead and temples, procureth ſleep, and eaſeth the head-ach proceeding of an hot cauſe. Being eaten boiled, it helpeth to looſen the belly; it helpeth digeſtion, quencheth thirſt, increaſeth milk in nurſes, eaſeth griping pains in the ſtomach and bowels that come of choler; it abateth bodily luſt, repreſſeth venerous dreams, being outwardly applied to the cods with a little Camphire. Applied in the ſame manner to the region of the heart, liver or reins, or by bathing the ſaid place with the juice of diſtilled water, wherein ſome white Sanders, or red Roſes are put; alſo it not only repreſſeth the heat and inflammations therein, but ſtrengthens and comforts thoſe parts, and alſo tempereth the heat of urine. Galen adviſeth old men to uſe it with ſpice; and where ſpices are wanting, to add mints, rochet, and ſuch like hot herbs; or elſe citron, lemon, or orange ſeeds, to abate the cold of one, and heat of the other. The ſeed and diſtilled water of the Lettuce work the ſame effects in all things; but the uſe of Lettuce is chiefly forbidden to thoſe that are ſhort-winded, or have any imperfection in the lungs, or ſpit blood.

Water Lily.

OF theſe there are two principally noted kinds, *viz.* the White and the Yellow.

Deſcript.] The White Lily hath very large and thick dark green leaves lying on the water, ſuſtained by long and thick foot-ſtalks, that ariſe from a great, thick, round, and long tuberous black root, ſpongy or looſe, with many knobs thereon, like eyes, and whitiſh within: from amidſt which riſe other the like thick green ſtalks, ſuſtaining one large great flower thereon, green on the outſide, but as white as ſnow within, conſiſting of divers rows of long, and ſomewhat thick and narrow leaves, ſmaller and thinner the more inward they be, encompaſſing a head with many yellow threads or thrums in the middle; where, after they are paſt, ſtand round Poppy-like heads, full of broad oily and bitter ſeed.

The Yellow kind is little different from the former, ſave only that it hath fewer leaves on the flowers, greater and more ſhining ſeed, and a whitiſh root both within and without. The root of both is ſomewhat ſweet in taſte.

Place.]

Place.] They are found growing in great pools and ſtanding waters, and ſometimes in ſlow running rivers, and leſſer ditches of water, in ſundry places of this land.

Time.] They flower moſt commonly about the end of May, and their ſeed is ripe in Auguſt.

Government and Virtues.] The herb is under the dominion of the Moon, and therefore cools and moiſtens like the former. The leaves and flowers of the Lilies are cold and moiſt, but the roots and ſeeds are cold and dry; the leaves do cool all inflammations, both outward and inward heat of agues; and ſo doth the flowers alſo, either by the ſyrup or conſerve: the ſyrup helpeth much to procure reſt, and to ſettle the brain of frantick perſons, by cooling the hot diſtemperature of the head. The ſeed, as well as the root, is effectual to ſtay fluxes of blood or humours, either of wounds or of the belly; but the roots are moſt uſed, and more effectual to cool, bind, and reſtrain all fluxes in men and women; alſo running of the reins, and paſſing of the ſeed when one is aſleep; but the frequent uſe hereof extinguiſheth venerous actions. The root is likewiſe very good for thoſe whoſe urine is hot and ſharp, to be boiled in wine and water, and the decoction drank. The diſtilled water of the flowers is very effectual for all the diſeaſes aforeſaid, both inwardly taken and outwardly applied; and is much commended to take away freckles, ſpots, ſunburn, and morphew from the face, or other parts of the body. The oil made of the flowers, as Oil of Roſes is made, is profitably uſed to cool hot tumours, and to eaſe the pains and help the ſores.

Lily of the Valley.

CALLED alſo Conval Lily, Male Lily, and Lily Conſancy.

Deſcript.] The root is ſmall, and creepeth far in the ground, as graſs roots do. The leaves are many, againſt which riſeth up a ſtalk half a foot high, with many white flowers, like little bells with turned edges, of a ſtrong, though pleaſing ſmell; the berries are red, not much unlike thoſe of Aſparagus.

Place.] They grow plentifully upon Hampſtead-Heath, and many other places in this nation.

Time.] They flower in May, and the ſeed is ripe in September.

Govern-

Government and Virtues.] It is under the dominion of Mercury, and therefore it ſtrengthens the brain, recruits a weak memory, and makes it ſtrong again. The diſtilled water dropped into the eyes, helps inflammations there, as alſo that infirmity which they call a pin and web. The ſpirit of the flowers diſtilled in wine, reſtoreth loſt ſpeech, helps the palſy, and is exceeding good in the apoplexy, comforteth the heart and vital ſpirits. Gerrard ſaith, that the flowers being cloſe ſtopped up in a glaſs, put into an ant-hill, and taken away again a month after, ye ſhall find a liquor in the glaſs, which being outwardly applied, helps the gout.

White Lilies.

IT were in vain to deſcribe a plant ſo commonly known in every one's garden, therefore I ſhall not tell you what they are, but what they are good for.

Government and Virtues.] They are under the dominion of the Moon, and by antipathy to Mars expel poiſon; they are excellent good in peſtilential fevers, the roots being bruiſed and boiled in wine, and the decoction drank; for it expels the venom to the exterior parts of the body; the juice of it being tempered with barley-meal, baked, and ſo eaten for ordinary bread, is an excellent cure for the dropſy. An ointment made of the root and hog's greaſe, is excellent good for ſcald heads, unites the ſinews when they are cut, and cleanſes ulcers. The root boiled in any convenient decoction, gives ſpeedy delivery to women in travail, and expels the after-birth. The root roaſted, and mixed with a little hog's greaſe, makes a gallant poultice to ripen and break plague-ſores. The ointment is excellent good for ſwellings in the privities, and will cure burnings and ſcaldings without a ſcar, and trimly deck a blank place with hair.

Liquorice.

Deſcript.] OUR Engliſh liquorice riſeth up with divers woody ſtalks, wherein are ſet at ſeveral diſtances many narrow, long, green leaves, ſet together on both ſides of the ſtalk, and an odd one at the end, very well reſembling a young aſh-tree ſprung up from the ſeed. This by years continuance in a place and not elſe, will bring forth flowers, many ſtanding together,

ſpike

ſpike faſhion, one above another upon the ſtalk, of the form of peaſe bloſſoms, but of a very pale blue colour, which turn into long, ſomewhat flat and ſmooth cods, wherein is contained a ſmall round, hard ſeed; the roots run down exceeding deep into the ground, with divers other ſmall roots and fibres growing with them, and ſhoot out ſuckers from the main roots all about, whereby it is much increaſed, of a browniſh colour on the outſide, and yellow within.

Place.] It is planted in fields and gardens, in divers places of this land, and thereof good profit is made.

Government and Virtues.] It is under the dominion of Mercury. Liquorice boiled in fair water, with ſome Maiden-hair and figs, maketh good drink for thoſe that have a dry cough or hoarſeneſs, wheezing or ſhortneſs of breath, and for all the griefs of the breaſts and lungs, phthyſic, or conſumptions cauſed by the diſtillation of ſalt humours on them. It is alſo good in all pains of the reins, the ſtrangury and heat of urine. The fine powder of Liquorice blown through a quill into the eyes that have a pin and web (as they call it) or rheumatic diſtillation in them, doth cleanſe and help them; the juice of Liquorice is as effectual in all the diſeaſes of the breaſt and lungs, the reins and the bladder, as the decoction; the juice diſtilled in Roſe-water, with ſome gum tragacanth, is a fine licking medicine for hoarſneſs, wheezing, &c.

Liverwort.

Deſcript.] COMMON Liverwort groweth cloſe, and ſpreadeth much upon the ground in moiſt and ſhady places, with many ſmall green leaves, or rather, ſticking flat to one another, very unevenly cut in on the edges, and crumpled; from among which ariſe ſmall ſlender ſtalks an inch or two high at moſt, bearing ſmall ſtar-like flowers at the top; the roots are very fine and ſmall.

Government and Virtues.] It is under the dominion of Jupiter, and under the ſign Cancer. It is a ſingular good herb for all the diſeaſes in the liver, both to cool and cleanſe it, and helpeth inflammations in any part, and the yellow jaundice likewiſe; being bruiſed and boiled in ſmall beer, and drank, it cooleth the heat of the liver and kidneys, and helpeth the running of the reins in men,

men, and the whites in women; it is a ſingular remedy to ſtay the ſpreading of tetters, ring worms, and other fretting and running ſores and ſcabs, and is an excellent remedy for ſuch whoſe livers are corrupted by ſurfeits, which cauſe their bodies to break out, for it fortifieth the liver exceedingly, and makes it impregnable.

Looſeſtrife, or Willowherb.

Deſcript.] COMMON yellow Looſeſtrife groweth to be four or five feet high, or more, with great round ſtalks, a little creſted, diverſly branched from the middle of them to the tops into great and long branches, on all which at the joints grow long and narrow leaves, but broader below, and uſually two at a joint, yet ſometimes three or four, ſomewhat like willow leaves, ſmooth on the edges, and a fair green colour from the upper joints of the branches, and at the tops of them alſo ſtand many yellow flowers of five leaves a-piece, with divers yellow threads in the middle, which turn into ſmall round heads, containing ſmall cornered ſeeds; the root creepeth under ground, almoſt like couch-graſs, but greater, and ſhooteth up every Spring browniſh heads, which afterwards grow up into ſtalks. It hath no ſcent or taſte, but only aſtringent.

Place.] It groweth in many places of this land in moiſt meadows, and by water-ſides.

Time.] It flowereth from June to Auguſt.

Government and Virtues.] This herb is good for all manner of bleeding at the mouth, noſe, or wounds, and all fluxes of the belly, and the bloody-flux, given either to drink or taken by clyſter; it ſtayeth alſo the abundance of womens courſes; it is a ſingular good wound-herb for green wounds, to ſtay the bleeding, and quickly cloſe together the lips of the wound, if the herb be bruiſed, and the juice only applied. It is often uſed in gargling for ſore mouths, as alſo for the ſecret parts. The ſmoak hereof being burned, driveth away flies and gnats, which in the night-time moleſt people inhabiting near marſhes, and in the fenny countries.

Looſeſtrife, with ſpiked Heads of Flowers.

Deſcript.] THIS groweth with many woody ſquare ſtalks, full of joints, 3 feet high at leaſt; at

at every one whereof ſtand two long leaves, ſhorter, narrower, and a larger green colour than the former, and ſome browniſh. The ſtalks are branched into many long ſtems of ſpiked flowers, half a foot long, growing in bundles, one above another, out of ſmall huſks, very like the ſpiked heads of lavender, each of which flowers have five round-pointed leaves of a purple violet colour, or ſomewhat inclining to redneſs; in which huſks ſtand ſmall round heads after the flowers are fallen, wherein is contained ſmall ſeed. The root creepeth under ground like unto the yellow, but is greater than it, and ſo are the heads of the leaves when they firſt appear out of the ground, and more brown than the other.

Place.] It groweth uſually by rivers and ditch-ſides in wet grounds, as about the ditches at and near Lambeth, and in many other places of this land.

Time.] It flowereth in the months of June and July.

Government and Virtues.] It is an herb of the Moon, and under the ſign Cancer; neither do I know a better preſerver of the ſight when 'tis well, nor a better cure of ſore eyes, than Eyebright, taken inwardly, and this uſed outwardly; 'tis cold in quality. This herb is no whit inferior unto the former, it having not only all the virtues which the former hath, but ſome peculiar virtues of its own, found out by experience; as namely, that diſtilled water is a preſent remedy for hurts and blows on the eyes, and for blindneſs, ſo as the cryſtalline humour be not periſhed or hurt; and this hath been ſufficiently proved true by the expefience of a man of judgment, who kept it long to himſelf as a great ſecret. It cleareth the eyes of duſt, or any thing gotten into them, and preſerveth the ſight. It is alſo very available againſt wounds and thruſts, being made in an ointment in this manner: To every ounce of water, add two drams of May butter without ſalt, and of ſugar and wax of each as much alſo, let them boil gently together; let tents dipped into that liquor that remaineth after it is cold, be put into the wounds, and the place covered with a linen cloth doubled and anointed with the ointment; and this is alſo an approved medicine. It likewiſe cleanſeth and healeth all foul ulcers and ſores whatſoever, and ſtayeth their inflammations by waſhing them with the water, and laying on them a green leaf or two in the Summer, or dry leaves

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in the Winter. This water gargled warm in the mouth, and ſometimes drank alſo doth cure the quinſy, or king's evil in the throat. The ſaid water applied warm, taketh away all ſpots, marks, and ſcabs in the ſkin; and a little of it drank, quencheth thirſt when it is extraordinary.

Lovage.

Deſcript.] IT hath many long and great ſtalks of large winged leaves, divided into many parts, like Smallage, but cut much larger and greater, every leaf being cut about the edges, broadeſt forward, and ſmalleſt at the ſtalk, of a ſad green colour, ſmooth and ſhining: from among which riſe up ſundry ſtrong, hollow green ſtalks, five or ſix, ſometimes ſeven or eight feet high, full of joints, but leſſer leaves ſet on them than grow below; and with them towards the tops come forth large branches, bearing at their tops large umbels of yellow flowers, and after them flat browniſh ſeed. The root groweth thick, great and deep, ſpreading much, and enduring long, of a browniſh colour on the outſide, and whitiſh within. The whole plant and every part of it ſmelling ſtrong, and aromatically, and is of a hot, ſharp, biting taſte.

Place.] It is uſually planted in gardens, where, if it be ſuffered, it groweth huge and great.

Time.] It flowereth in the end of July, and ſeedeth in Auguſt.

Government and Virtues.] It is an herb of the Sun, under the ſign Taurus. If Saturn offend the throat (as he always doth if he be occaſioner of the malady, and in Taurus is the Geneſis) this is your cure. It openeth, cureth, and digeſteth humours, and mightily provoketh womens courſes and urine. Half a dram at a time of the dried root in powder taken in wine, doth wonderfully warm a cold ſtomach, helpeth digeſtion, and conſumeth all raw and ſuperfluous moiſture therein; eaſeth all inward gripings and pains, diſſolveth wind and reſiſteth poiſon and infection. It is a known and much praiſed remedy to drink the decoction of the herb for any ſort of ague, and to help the pains and torments of the body and bowels coming of cold. The ſeed is effectual to all the purpoſes aforeſaid (except the laſt) and worketh more powerfully. The diſtilled water of the herb helpeth

helpeth the quinſy in the throat, if the mouth and throat be gargled and waſhed therewith, and helpeth the pleuriſy, being drank three or four times. Being dropped into the eyes, it taketh away the redneſs or dimneſs of them; it likewiſe taketh away ſpots or freckles in the face. The leaves bruiſed, and fried with a little hog's lard, and laid hot to any blotch or boil, will quickly break it.

Lungwort.

Deſcript.] THIS is a kind of moſs that groweth on ſundry ſorts of trees, eſpecially oaks and beeches, with broad, greyiſh, tough leaves diverſly folded, crumpled, and gaſhed in on the edges, and ſome ſpotted alſo with many ſmall ſpots on the upper ſide. It was never ſeen to bear any ſtalk or flower at any time.

Government and Virtues] Jupiter ſeems to own this herb. It is of great uſe to phyſicians to help the diſeaſes of the lungs, and for coughs, wheezings, and ſhortneſs of breath, which it cureth both in man and beaſt. It is very profitable to put into lotions that are taken to ſtay the moiſt humours that flow to ulcers, and hinder their healing, as alſo to waſh all other ulcers in the privy parts of a man or woman. It is an excellent remedy boiled in beer for broken-winded horſes.

Madder.

Deſcript.] GARDEN Madder ſhooteth forth many very long, weak, four-ſquare, reddiſh ſtalks, trailing on the ground a great way, very rough and hairy, and full of joints; at every one of theſe joints come forth divers long and narrow leaves, ſtanding like a ſtar about the ſtalks, rough alſo and hairy, towards the tops whereof come forth many ſmall pale yellow flowers, after which come ſmall round heads, green at firſt, and reddiſh afterwards, but black when they are ripe, wherein is contained the ſeed. The root is not very great, but exceeding long, running down half a man's length into the ground, red and very clear while it is freſh, ſpreading divers ways.

Place.] It is only manured in gardens, or larger fields, for the profit that is made thereof.

Time.] It flowereth towards the end of Summer, and the ſeed is ripe quickly after.

Government and Virtues.] It is an herb of Mars. It hath an opening quality, and afterward to bind and ſtrengthen.

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It is a ſure remedy for the yellow jaundice, by opening the obſtructions of the liver and gall, and cleanſing thoſe parts; it openeth alſo the obſtructions of the ſpleen, and diminiſheth the melancholy humour; it is available for the palſy and ſciatica, and effectual for bruiſes inward and outward, and is therefore much uſed in vulnerary drinks. The root for all thoſe aforeſaid purpoſes, is to be boiled in wine or water, as the cauſe requireth, and ſome honey and ſugar put thereunto afterwards. The ſeed hereof taken in vinegar and honey, helpeth the ſwelling and hardneſs of the ſpleen. The decoction of the leaves and branches is a good fomentation for women to ſit over that have not their courſes. The leaves and roots beaten and applied to any part that is diſcoloured with freckles, morphew, the white ſcurf, or any ſuch deformity of the ſkin, cleanſeth thoroughly, and taketh them away.

Maiden Hair.

Deſcript.] OUR common Maiden-Hair doth, from a number of hard black fibres, ſend forth a great many blackiſh ſhining brittle ſtalks, hardly a ſpan long, in many not half ſo long, on each ſide ſet very thick with ſmall, round, dark, green leaves, and ſpitted on the back of them like a fern.

Place.] It groweth upon old ſtone walls in the Weſt parts in Kent, and divers other places of this land; it delighteth likewiſe to grow by ſprings, wells, and rocky, moiſt and ſhady places, and is always green.

Wall Rue, or White Maiden Hair.

Deſcript.] THIS hath very fine pale, green ſtalks, almoſt as fine as hairs, ſet confuſedly with divers pale green leaves on very ſhort foot-ſtalks, ſomewhat in form, but more diverſly cut in on the edges, and thicker, ſmooth on the upper part, and ſpotted finely underneath.

Place.] It groweth in many places of this land, at Dartford, and the bridge at Aſhford in Kent, at Beaconsfield in Buckinghamſhire, at Wolly in Huntingdonſhire, on Framingham Caſtle in Suffolk, on the church walls at Mayfield in Suſſex, in Somerſetſhire, and divers other places of this land; and is green in Winter as well as Summer.

Government and Virtues.] Both this and the former are under

under the dominion of Mercury, and ſo is that alſo which followeth after, and the virtue of both theſe are ſo near alike, that though I have deſcribed them and their places of growing ſeverally, yet I ſhall, in writing the virtues of them, join them both together as followeth:

The decoction of the herb Maiden-Hair being drank, helpeth thoſe that are troubled with the cough, ſhortneſs of breath, yellow jaundice, diſeaſes of the ſpleen, ſtopping of urine, and helpeth exceedingly to break the ſtone in the kidnies. (in all which diſeaſes the Wall Rue is alſo very effectual.) It provoketh womens courſes, and ſtays both bleedings and fluxes of the ſtomach and belly, eſpecially when the herb is dry; for being green, it looſeneth the belly, and voideth choler and phlegm from the ſtomach and liver; it cleanſeth the lungs, and by rectifying the blood, cau'eth a good colour to the whole body. The herb boiled in oil of camomile, diſſolveth knots, allayeth ſwellings, and drieth up moiſt ulcers. The lee made thereof is ſingular good to cleanſe the head from ſcurf, and from dry and running ſores, ſtayeth the falling or ſhedding of the hair, and cauſeth it to grow thick, fair, and well coloured; for which purpoſe ſome boil it in wine, putting ſome Smallage thereto, and afterwards ſome oil. The Wall Rue is as effectual as Maiden-Hair, in all diſeaſes of the head, or failing and recovering of the hair again, and generally for all the aforementioned diſeaſes: And beſides, the powder of it taken in drink for forty days together, helpeth the burſtings in children.

Golden Maiden Hair.

TO the former give me leave to add this, and I ſhall no more but only deſcribe it unto you, and for the virtues refer you to the former, ſince what oever is ſaid of them, may be alſo ſaid of this.

Deſcript.] It hath many ſmall, browniſh, red hairs to make up the form of leaves growing about the ground from the root; and in the middle of them, in Summer, riſe ſmall ſtalks of the ſame colour, ſet with very fine yellowiſh green hairs on them, and bearing a ſmall gold, yellow head, leſſer than a wheat corn, ſtanding in a great huſk. The root is very ſmall and thready.

Time.] It groweth in bogs and mooriſh places, and alſo on dry ſhady places, as Hampſtead Heath, and elſewhere.

Mallows

Mallows and Marſhmallows.

COMMON Mallows are generally ſo well known, that they need no deſcription.

Our common Marſhmallows have divers ſoft, hairy white ſtalks, riſing to be three or four feet high, ſpreading forth many branches, the leaves whereof are ſoft and hairy, ſomewhat leſſer than the other Mallow leaves, but longer pointed, cut (for the moſt part) into ſome few diviſions, but deep. The flowers are many, but ſmaller alſo than the other Mallows, and white, or tending to a bluiſh colour; after which come ſuch long round caſes and ſeeds, as in the other Mallows. The roots are many and long, ſhooting from one head, of the bigneſs of a thumb or finger, very pliant, tough, and being like liquorice, of a whitiſh yellow colour on the outſide, and more white within, full of a ſlimy juice, which being laid in water, will thicken, as if it were a jelly.

Place.] The common Mallows grow in every county of this land. The common Marſhmallows in moſt of the ſalt marſhes, from Woolwich down to the ſea, both on the Kentiſh and Eſſex ſhore, and in divers other places of this land.

Time.] They flower all the Summer months, even until the Winter do pull them down.

Government and Virtues.] Venus owns them both. The leaves of either of the ſorts before ſpecified, and the roots alſo boiled in wine and water, or in broth with parſley or fennel roots, do help to open the body, and are very convenient in hot agues, or other diſtempers of the body, to apply the leaves ſo boiled warm to the belly. It not only voideth hot, choleric, and other offenſive humours, but eaſeth the pains and torments of the belly coming thereby, and are therefore uſed in all clyſters conducing to thoſe purpoſes. The ſame uſed by nurſes, procureth them ſtore of milk. The decoction of the ſeed of any of the common Mallows made in milk or wine, doth marvellouſly help excoriations, the phthiſic, pleuriſy, and other diſeaſes of the cheſt and lungs that proceed of hot cauſes, if it be continued taking for ſome time together. The leaves and roots work the ſame effects; they help much alſo in the excoriations of the guts and bowels, and hardneſs of the mother, and in all hot and ſharp diſeaſes thereof. The juice drank in wine, or the decoction of them therein,

doth help women to a ſpeedy and eaſy delivery. Pliny ſaith, that whoſoever ſhall take a ſpoonful of any of the Mallows, ſhall that day be free from all diſeaſes that may come unto him, and that it is ſpecial good for the falling-ſickneſs. The ſyrup alſo and conſerve made of the flowers, are very effectual for the ſame diſeaſes, and to open the body, being coſtive. The leaves bruiſed, and laid to the eyes with a little honey, take away the impoſthumes of them. The leaves bruiſed or rubbed upon the place ſtung with bees, waſps, or the like, preſently take away the pains, redneſs, and ſwellings that ariſe thereupon. And Dioſcorides ſaith, the decoction of the roots and leaves helpeth all ſorts of poiſon, ſo as the poiſon be preſently voided by vomit. A poultice made of the leaves, boiled and bruiſed, with ſome bean or barley flour, and oil of roſes added, is an eſpecial remedy againſt all hard tumours and inflammations, or impoſthumes, or ſwellings of the cods and other parts, and eaſeth the pains of them; as alſo againſt the hardneſs of the liver or ſpleen, being applied to the places. The juice of Mallows boiled in old oil and applied, taketh away all roughneſs of the ſkin, as alſo the ſcurf, dandriff, or dry ſcabs in the head, or other parts, if they be anointed therewith, or waſhed with the decoction, and preſerveth the hair from falling off. It is alſo effectual againſt ſcaldings and burnings, St. Anthony's fire, and all other hot, red, and painful ſwellings in any part of the body. The flowers boiled in oil or water, (as every one is diſpoſed) whereunto a little honey and allum is put, is an excellent gargle to waſh, cleanſe, or heal any ſore mouth or throat in a ſhort ſpace. If the feet be bathed or waſhed with the decoction of the leaves, roots and flowers, it helpeth much the defluxions of rheum from the head: if the head be waſhed therewith, it ſtayeth the falling and ſhedding of the hair. The green leaves (ſaith Pliny) beaten with nitre, and applied, draw out thorns or prickles in the fleſh.

The Marſhmallows are more effectual in all the diſeaſes before-mentioned: the leaves are likewiſe uſed to looſen the belly gently, and decoctions for clyſters to eaſe all pains of the body, opening the ſtrait paſſages, and making them ſlippery, whereby the ſtone may deſcend the more eaſily, and without pain, out of the reins, kidnies and bladder, and to eaſe the torturing pains thereof. But the roots are of more ſpecial uſe

for

for thoſe purpoſes, as well for coughs, hoarſeneſs, ſhortneſs of breath and wheezings, being boiled in wine, or honied water, and drank. The roots and ſeeds hereof boiled in wine and water, are with good ſucceſs uſed by them that have excoriations in the guts, or the bloody-flux, by qualifying the violence of ſharp fretting humours, eaſing pains, and healing the ſoreneſs. It is profitably taken of them that are troubled with ruptures, cramps, or convulſions of the ſinews; and boiled in white wine, for the impoſthumes of the throat, commonly called the king's evil, and of thoſe kernels that riſe behind the ears, and inflammations and ſwellings in womens breaſts. The dried roots boiled in milk and drank, is ſpecial good for the chin-cough. Hippocrates uſed to give the decoction of the roots, or the juice thereof, to drink, to thoſe that are wounded, and ready to faint through loſs of blood, and applied the ſame mixed with honey and roſin to the wounds; as alſo the roots boiled in wine, to thoſe that have received any hurt by bruiſes, falls or blows, or had any bone or member out of joint, or any ſwelling pain, or ach in the muſcles, ſinews or arteries. The mucilage of the roots, and of linſeed and fenugreek put together, is much uſed in poultices, ointments, and plaiſters, to mollify and digeſt all hard ſwellings, and the inflammation of them, and to eaſe pains in any part of the body. The ſeed either green or dry, mixed with vinegar, cleanſeth the ſkin of morphew, and all other diſcolourings, being boiled therewith in the Sun.

You may remember, that not long ſince there was a raging diſeaſe called the bloody-flux; the college of phyſicians not knowing what to make of it, called it the plague of the guts, for their wits were at *Ne plus ultra* about it: my ſon was taken with the ſame diſeaſe, and the excoriation of his bowels was exceeding great; myſelf being in the country, was ſent for up; the only thing I gave him, was Mallows bruiſed and boiled both in milk and drink; in two days (the bleſſing of God being upon it) it cured him. And I here, to ſhew my thankfulneſs to God in communicating it to his creatures, leave it to poſterity.

Maple Tree.

Government and Virtues.] IT is under the dominion of Jupiter. The decoction either of the leaves or bark, muſt needs ſtrengthen the liver much, and ſo you ſhall find it to do, if you uſe it. It is excellent good to open obſtructions both in the liver and ſpleen, and eaſeth pains of the ſides thence proceeding.

Wild Marjoram.

CALLED alſo Origane, Origanum, Eaſtward Marjoram, Wild Marjoram, and Grove Marjoram.

Deſcript.] Wild or Field Marjoram hath a root which creepeth much under ground, which continueth a long time, ſending up ſundry browniſh, hard ſquare ſtalks, with ſmall dark green leaves, very like thoſe of Sweet Marjoram, but harder, and ſomewhat broader; at the top of the ſtalks ſtand tufts of flowers, of a deep purpliſh red colour. The ſeed is ſmall and ſomething blacker than that of Sweet Marjoram.

Place.] It groweth plentifully in the borders of corn-fields, and in ſome copſes.

Time.] It flowereth towards the latter end of Summer.

Government and Virtues.] This is alſo under the dominion of Mercury. It ſtrengthens the ſtomach and head much, there being ſcarce a better remedy growing for ſuch as are troubled with a ſour humour in the ſtomach; it reſtores the appetite being loſt; helps the cough and conſumption of the lungs; it cleanſeth the body of choler, expelleth poiſon, and remedieth the infirmities of the ſpleen; helps the bitings of venomous beaſts, and helps ſuch as have poiſoned themſelves by eating hemlock, henbane, or opium. It provoketh urine, and the terms in women, helps the dropſy and the ſcurvy, ſcabs, itch, and yellow jaundice. The juice being dropped into the ears, helps deafneſs, pain and noiſe in the ears. And thus much for this herb, between which and adders there is a deadly antipathy.

Sweet Marjoram.

SWEET Marjoram is ſo well known, being an inhabitant in every garden, that it is needleſs to write any deſcription thereof, neither of the Winter Sweet Marjoram, or Pot Marjoram.

Place.]

Place.] They grow commonly in gardens; ſome ſort there are that grow wild in the borders of corn-fields and paſtures, in ſundry places of this land; but it is not my purpoſe to inſiſt upon them; the garden kinds being moſt uſed and uſeful.

Time.] They flower in the end of Summer.

Government and Virtues.] It is an herb of Mercury, and under Aries, and therefore is an excellent remedy for the brain, and other parts of the body and mind under the dominion of the ſame planet. Our common Sweet Marjoram is warming and comfortable in the cold diſeaſes of the head, ſtomach, ſinews, and other parts, taken inwardly, or outwardly applied. The decoction thereof being drank, helpeth all diſeaſes of the cheſt which hinder the freeneſs of breathing, and is alſo profitable for the obſtructions of the liver and ſpleen. It helpeth the cold griefs of the womb, and the windineſs thereof; and the loſs of ſpeech, by reſolution of the tongue. The decoction thereof made with ſome pellitory of Spain, and long pepper, or with a little acorns or origanum, being drank, is good for thoſe that are beginning to fall into a dropſy, for thoſe that cannot make water, and againſt pains and torments in the belly; it provoketh womens courſes, if it be put as a peſſary. Being made into powder, and mixed with honey, it taketh away the black marks of blows and bruiſes, being thereunto applied; it is good for the inflammations and watering of the eyes, being mixed with fine flour, and laid upon them. The juice dropped into the ears, eaſeth the pains and finging noiſe in them. It is profitably put into thoſe ointments and ſalves that are warm, and comfort the outward parts, as the joint and ſinews; for ſwellings alſo, and places out of joint. The powder thereof ſnuffed up into the noſe, provoketh ſneezing, and thereby purgeth the brain; and chewed in the mouth, draweth forth much phlegm. The oil made thereof, is very warm and comfortable to the joints that are ſtiff, and the ſinews that are hard, to mollify and ſupple them. Marjoram is much uſed in all odoriferous waters, powders, &c. that are for ornament or delight.

Marigolds.

THESE being ſo plentiful in every garden, are ſo well known, that they need no deſcription.

Time.] They flower all the Summer long, and ſometimes in Winter, if it be mild.

Government and Virtues.] It is an herb of the Sun, and under Leo. They ſtrengthen the heart exceedingly, and are very expulſive, and little leſs effectual in the ſmall-pox and meaſles than ſaffron. The juice of Marigold leaves mixed with vinegar, and any hot ſwellings bathed with it, inſtantly giveth eaſe, and aſſuageth it. The flowers, either green or dried, are much uſed in poſſets, broths, and drink, as a comforter of the heart and ſpirits, and to expel any malignant or peſtilential quality which might annoy them. A plaiſter made with the dry flowers in powder, hog's-greaſe, turpentine, and roſin, applied to the breaſt, ſtrengthens and ſuccours the heart infinitely in fevers, whether peſtilential or not peſtilential.

Maſterwort.

Deſcript.] COMMON Maſterwort hath divers ſtalks of winged leaves divided into ſundry parts, three for the moſt part ſtanding together at a ſmall foot-ſtalk on both ſides of the greater, and three likewiſe at the end of the ſtalk, ſomewhat broad, and cut in on the edges into three or more diviſions, all of them dented about the brims, of a dark green colour, ſomewhat reſembling the leaves of Angelica, but that theſe grow lower to the ground, and on leſſer ſtalks; among which riſe up two or three ſhort ſtalks about two feet high, and ſlender, with ſuch like leaves at the joints which grow below, but with leſſer and fewer diviſions, bearing umbels of white flowers, and after them thin, flat blackiſh ſeeds, bigger than Dill-ſeeds. The root is ſomewhat greater, and growing rather ſideways than down deep in the ground, ſhooting forth ſundry heads, which taſte ſharp, biting on the tongue, and is the hotteſt and ſharpeſt part of the plant, and the ſeed next unto it being ſomewhat blackiſh on the outſide, and ſmelling well.

Place.] It is uſually kept in gardens with us in England.

Time.] It flowereth and ſeedeth about the end of Auguſt.

Government and Virtues.] It is an herb of Mars. The root of Maſterwort is hotter than pepper, and very available in cold griefs and diſeaſes, both of the ſtomach and body, diſſolving very powerfully upwards and downwards. It is alſo uſed in a decoction with wine againſt all cold rheums, diſtillation upon the lungs, or ſhortneſs of

of breath, to be taken morning and evening. It alſo provoketh urine, and helpeth to break the ſtone, and expel the gravel from the kidnies; provoketh womens courſes, and expelleth the dead birth. It is ſingular good for ſtrangling of the mother, and other ſuch like feminine diſeaſes. It is effectual alſo againſt the dropſy, cramps, and falling-ſickneſs; for the decoction in wine being gargled in the mouth, draweth down much water and phlegm from the brain, purging and eaſing it of what oppreſſeth it. It is of a rare quality againſt all ſorts of cold poiſon, to be taken as there is cauſe; it provoketh ſweat. But leſt the taſte hereof, or of the ſeed (which worketh to the like effect, though not ſo powerfully) ſhould be too offenſive, the beſt way is to take the water diſtilled both from the herb and root. The juice hereof dropped, or tents dipped therein, and applied either to green wounds or filthy rotten ulcers, and thoſe that come by envenomed weapons, doth ſoon cleanſe and heal them. The ſame is alſo very good to help the gout coming of a cold cauſe.

Sweet Maudlin.

Deſcript.] COMMON Maudlin hath ſomewhat long and narrow leaves, ſnipped about the edges. The ſtalks are two feet high, bearing at the tops many yellow flowers ſet round together, and all of an equal height, in umbels or tufts like unto Tanſy; after which followeth ſmall whitiſh ſeed, almoſt as big as wormſeed.

Place and Time.] It groweth in gardens, and flowereth in June and July.

Government and Virtues.] The virtues hereof being the ſame with Coſtmary or Alecoſt, I ſhall not make any repetition thereof, leſt my book grow too big, but rather refer you unto Coſtmary for ſatisfaction.

The Medlar.

Deſcript.] THE Tree groweth near the bigneſs of the Quince Tree, ſpreading branches reaſonably large, with longer and narrower leaves than either the apple or quince, and not dented about the edges. At the end of the ſprigs ſtand the flowers, made of five white, great broad-pointed leaves, nicked in the middle with ſome white threads alſo; after which cometh the fruit, of a browniſh green colour being ripe, bearing a crown as it were on the top, which were the five green

leaves; and being rubbed off, or fallen away, the head of the fruit is ſeen to be ſomewhat hollow. The fruit is very harſh before it is mellowed, and has uſually five hard kernels within it. There is another kind hereof nothing differing from the former, but that it hath ſome thorns on it in ſeveral places, which the other hath not, and uſually the fruit is ſmall, and not ſo pleaſant.

Time and Place.] They grow in this land, and flower in May for the moſt part, and bear fruit in September and October.

Government and Virtues.] The fruit is old Saturn's, and ſure a better medicine he hardly hath to ſtrengthen the retentive faculty; therefore it ſtays womens longings; the good old man cannot endure womens minds ſhould run a gadding. Alſo a plaiſter made of the fruit dried before they are rotten, and other convenient things, and applied to the reins of the back, ſtops miſcarriage in women with child. They are very powerful to ſtay any fluxes of blood or humours in men and women; the leaves alſo have this quality. The fruit eaten by women with child, ſtayeth their longing after unuſual meats, and is very effectual for them that are apt to miſcarry, and may be delivered before their time, to help that malady, and make them joyful mothers. The decoction of them is good to gargle and waſh the mouth, throat and teeth, when there is any defluxions of blood to ſtay it, or of humours, which cauſeth the pains and ſwellings. It is a good bath for women to ſit over, that have their courſes flow too abundant; or for the piles when they bleed too much. If a poultice or plaiſter be made with dried Medlars, beaten and mixed with the juice of red roſes, whereunto a few cloves and nutmegs may be added, and a little red coral alſo, and applied to the ſtomach that is given to caſting or loathing of meat, it effectually helpeth. The dried leaves in powder ſtrewed on freſh bleeding wounds, reſtraineth the blood, and healeth up the wound quickly. The Medlar-ſtones made into powder and drank in wine, wherein ſome parſley-roots have lain infuſed all night, or a little boiled, do break the ſtone in the kidnies, helping to expel it.

Mellilot, or King's Claver.

Deſcript.] THIS hath many green ſtalks, two or three feet high, riſing from a tough, long, white root,

root, which dieth not every year, ſet round about at the joints with ſmall, and ſomewhat long well-ſmelling leaves, ſet three together unevenly dented about the edge. The flowers are yellow, and well-ſmelling alſo, made like other treſoil, but ſmall, ſtanding in long ſpikes one above another, for an hand-breadth long or better, which afterwards turn into long crooked cods, wherein is contained flat ſeed, ſomewhat brown.

Place.] It groweth plentifully in many places of this land; as in the edge of Suffolk, and in Eſſex; as alſo in Huntingdonſhire, and in other places; but moſt uſually in corn-fields, and in corners of meadows.

Time.] It flowereth in June and July, and is ripe quickly after.

Government and Virtues] Mellilot boiled in wine, and applied, mollifieth all hard tumours and inflammati ns that happen in the eyes, or other parts of the body, a the fundament, or privy parts of men and women; and ſometimes the yolk of a roaſted egg, or fine flour, or poppy-ſeed, or endive, is added unto it. It helpeth the ſpreading ulcers in the head, if being waſhed with a lee made thereof. It helpeth the pains of the ſtomach, being applied freſh, or boiled with any of the afore-named things; alſo the pains of the ears, being dropped into hem; and ſteeped in vinegar, or roſe-water, it mitigateth the head-ach. The flowers of Mellilot or Camomile are much uſed to be put together in clyſters to expel wind and eaſe pains; and alſo in pouſtices for the ſame purpoſe, and to aſſuage ſwelling tumours in the ſpleen or other parts, and helpeth inflammations in any part of the body. The juice dropped into the eyes, is a ſingular good medicine to take away the film or ſkin that cl udeth or dimneth the eye-ſight. The head often waſhed with the diſtilled water of the herb or flower, or a lee made therew ith, is effectual for tho e that ſuddenly loſe their ſenſes; as alſo to ſtrengthen the memory, to comfort the head and brain, and to preſerve them from pain and the apoplexy.

French and Dog Mercury.

Deſcript.] THIS riſeth up with a ſquare green ſtalk ful of joints, two feet high, or thereabouts, with two leaves at every joint, and the branches likewiſe from both ſides of the ſtalk, ſet with freſh green

leaves, ſomewhat broad and long, about the bigneſs of the leaves of Baſil, finely dented about the edges: towards the tops of the ſtalks and branches, come forth at every joint in the male mercury two ſmall round green heads, ſtanding together upon a ſhort foot-ſtalk, which growing ripe, are ſeeds, not having flowers. The female ſtalk is longer, ſpike-faſhion, ſet round about with ſmall green huſks, which are the flowers, made like ſmall bunches of grapes, which give no ſeed, but abide long upon the ſtalks without ſhedding. The root is compoſed of many ſmall fibres, which periſheth every year at the approach of Winter, and riſeth again of its own ſowing; and if once it is ſuffered to ſow itſelf, the ground will never want afterwards, even both ſorts of it.

Dog Mercury.

HAVING deſcribed unto you that which is called French Mercury, I come now to ſhew you a deſcription of this kind alſo.

Deſcript.] This is likewiſe of two kinds, male and female, having many ſtalks ſlender and lower than Mercury, without any branches at all upon them; the root is ſet with two leaves at every joint, ſomewhat greater than the female, but more pointed and full of veins, and ſomewhat harder in handling; of a dark green colour, and leſs dented or ſnipped about the edges. At the joints with the leaves come forth longer ſtalks than the former, with two hairy round ſeeds upon them, twice as big as thoſe of the former Mercury: the taſte hereof is herby, and the ſmell ſomewhat ſtrong and virulent. The female has much harder leaves ſtanding upon longer foot-ſtalks, and the ſtalks are alſo longer; from the joints come forth ſpikes of flowers like the French Female Mercury. The roots of them both are many, and full of ſmall fibres, which run under ground, and mat themſelves very much, not periſhing as the former Mercuries do, but abiding the Winter, and ſhoot forth new branches every year, for the old lie down to the ground.

Place.] The Male and Female French Mercury are found wild in divers places in this land; as by a village called Brookland, in Rumney-Marſh, in Kent.

The Dog Mercury in ſundry places of Kent alſo, and elſewhere; but the female more ſeldom than the male.

Time.]

Time.] They flower in the Summer months, and therein give their ſeed.

Government and Virtues.] Mercury, they ſay, owns the herb, but I rather think it is Venus's, and I am partly confident of it too, for I never heard that Mercury ever minded womens buſineſs ſo much: I believe he minds his ſtudy more. The decoction of the leaves of Mercury, or the juice thereof in broth, or drank with a little ſugar put to it, purgeth choleric and wateriſh humours. Hippocrates commended it wonderfully for womens diſeaſes, and applied to the ſecret parts, to eaſe the pains of the mother; and uſed the decoction of it, both to procure womens courſes, and to expel the after-birth, and gave the decoction thereof with myrrh or pepper, or uſed to apply the leaves outwardly againſt the ſtrangury and diſeaſes of the reins and bladder. He uſed it alſo for ſore and watering eyes, and for the deafneſs and pains in the ears, by dropping the juice thereof into them, and bathing them afterwards in white wine. The decoction thereof made with water and a cock chicken, is a moſt ſafe medicine againſt the hot fits of agues. It alſo cleanſeth the breaſt and lungs of phlegm, but a little offendeth the ſtomach. The juice or diſtilled water ſnuffed up into the noſtrils, purgeth the head and eyes of catarrhs and rheums. Some uſe to drink two or three ounces of the diſtilled water, with a little ſugar put to it, in the morning faſting, to open and purge the body of groſs, viſcous and melancholy humours. It is wonderful (if it be not fabulous) which Dioſcorides and Theophraſtus do relate of it, viz. That if women uſe theſe herbs either inwardly or outwardly, for three days together after conception, and their courſes be paſt, they ſhall bring forth male or female children, according to that kind of herb they uſe. Matthiolus ſaith, that the ſeed both of the male and female Mercury boiled with wormwood and drank, cureth the yellow jaundice in a ſpeedy manner. The leaves or the juice rubbed upon warts, taketh them away. The juice mingled with ſome vinegar, helpeth all running ſcabs, tetters, ringworms, and the itch. Galen ſaith, that being applied in manner of a poultice to any ſwelling or inflammation, it digeſteth the ſwelling, and allayeth the inflammation, and is therefore given in clyſters to evacuate from the belly offenſive humours. The Dog Mercury, although

it be leſs uſed, yet may ſerve in the ſame manner, to the ſame purpoſe, to purge wateriſh and melancholy humours.

Mint.

OF all the kinds of Mint, the Spear Mint, or Heart Mint, being moſt uſual, I ſhall only deſcribe as follows:

Deſcript.] Spear Mint hath divers round ſtalks, and long but narrowiſh leaves ſet thereon, of a dark green colour. The flowers ſtand in ſpiked heads at the tops of the branches, being of a pale blue colour. The ſmell or ſcent thereof is ſomewhat near unto Baſil; it increaſeth by the root under ground, as all others do.

Place.] It is an uſual inhabitant in gardens: and becauſe it ſeldom giveth any good ſeed, the effects is recompenſed by the plentiful increaſe of the root, which being once planted in a garden, will hardly be rid out again.

Time.] It flowereth not until the beginning of Auguſt, for the moſt part.

Government and Virtues] It is an herb of Venus. Dioſcorides ſaith it hath a heating, binding and drying quality, and therefore the juice taken in vinegar, ſtayeth bleeding: it ſtirreth up venery, or bodily luſt; two or three branches thereof taken in the juice of four pomegranates, ſtayeth the hiccough, vomiting, and allayeth the choler. It diſſolveth impoſthumes being laid to with barley-meal. It is good to repreſs the milk in womens breaſts, and for ſuch as have ſwollen, flagging, or great breaſts. Applied with ſalt, it helpeth the biting of a mad dog; with mead and honied water, it eaſeth the pains of the ears, and taketh away the roughneſs of the tongue, being rubbed thereupon. It ſuffereth not milk to curdle in the ſtomach, if the leaves thereof be ſteeped or boiled in it before you drink it: briefly it is very profitable to the ſtomach. The often uſe hereof is a very powerful medicine to ſtay womens courſes and the whites. Applied to the forehead and temples, it eaſeth the pains in the head, and is good to waſh the heads of young children therewith, againſt all manner of breakings-out, ſores or ſcabs therein, and healeth the chops of the fundament. It is alſo profitable againſt the poiſon of venomous creatures. The diſtilled water of mint is available to all the purpoſes afore-aid,

yet

yet more weakly. But if a ſpirit thereof be rightly and chymically drawn, it is much more powerful than the herb itſelf. Simeon Sethi ſaith, it helpeth a cold liver, ſtrengtheneth the belly, cauſeth digeſtion, ſtayeth vomits and the hiccough; it is good againſt the gnawing of the heart, provoketh appetite, taketh away obſtructions of the liver, and ſtirreth up bodily luſt; but therefore too much muſt not be taken, becauſe it maketh the blood thin and wheyiſh, and turneth it into choler, therefore cholerick perſons muſt abſtain from it. It is a ſafe medicine for the biting of a mad dog, being bruiſed with ſalt, and laid thereon. The powder of it being dried and taken after meat, helpeth digeſtion, and thoſe that are ſplenetick. Taken with wine, it helpeth women in their ſore travail of child-bearing. It is good againſt the gravel and ſtone in the kidnies, and the ſtrangury. Being ſmelled unto, it is comfortable for the head and memory. The decoction hereof gargled in the mouth, cureth the gums and mouth that are ſore, and mendeth an ill-favoured breath, as alſo the rue and coriander, cauſeth the palate of the mouth to turn to its place, the decoction being gargled and held in the mouth.

The virtues of the Wild or Horſe-mint, ſuch as grow in ditches (whoſe deſcription I purpoſely omitted, in regard they are well enough known) are eſpecial to diſſolve wind in the ſtomach, to help the colic, and thoſe that are ſhort-winded, and are an eſpecial remedy for thoſe that have venereal dreams and pollutions in the night, being outwardly applied to the teſticles or cods. The juice dropped into the ears eaſeth the pains of them, and deſtroyeth the worms that breed therein. They are good againſt the venomous biting of ſerpents. The juice laid on warm, helpeth the king's evil, or kernels in the throat. The decoction or diſtilled water helpeth a ſtinking breath, proceeding from corruption of the teeth, and ſnuffed up the noſe, purgeth the head. Pliny ſaith, that eating of the leaves hath been found by experience to cure the leproſy, applying ſome of them to the face, and to help the ſcurf or dandriff of the head, uſed with vinegar. They are extreme bad for wounded people; and they ſay a wounded man that eats Mint, his wound will never be cured, and that is a long day.

Miſſelto,

Miſſelto.

Deſcript.] THIS riſeth up from the branch or arm of the tree whereon it groweth, with a woody ſtem, putting itſelf into ſundry branches, and they again dřvided into many other ſmaller twigs, interlacing themſelves one within another, very much covered with a greyiſh green bark, having two leaves ſet at every joint, and at the end likewiſe, which are ſomewhat long and narrow, ſmall at the bottom, but broader towards the end. At the knots or joints of the boughs and branches grow ſmall yellow flowers, which run into ſmall, round, white, tranſparent berries, three or four together, full of a glutinous moiſture, with a blackiſh ſeed in each of them, which was never yet known to ſpring, being put into the ground, or any where elſe to grow.

Place.] It groweth very rarely on oaks with us; but upon ſundry other, as well timber as fruit-trees, plentifully in woody groves, and the like, through all this land.

Time.] It flowereth in the Spring-time, but the berries are not ripe until October, and abideth on the branches all the Winter, unleſs the black-birds, and other birds, do devour them.

Government and Virtues.] This is under the dominion of the Sun, I do not queſtion; and can alſo take for granted, that that which grows upon oaks, participates ſomething of the nature of Jupiter, becauſe an oak is one of his trees; as alſo that which grows upon pear-trees, and apple-trees, participates ſomething of his nature, becauſe he rules the tree it grows upon, having no root of his own. But why that ſhould have moſt virtues that grows upon oaks I know not, unleſs becauſe it is rareſt and hardeſt to come by; and our college's opinion is in this contrary to ſcripture, which ſaith, *God's tender mercies are over all his works*; and ſo it is, let the college of phyſicians walk as contrary to him as they pleaſe, and that is as contrary as the eaſt to the weſt. Cluſius affirms, that which grows upon pear trees to be as prevalent, and gives order, that it ſhould not touch the ground after it is gathered; and alſo ſaith, that, being hung about the neck, it remedies witchcraft. Both the leaves and berries of Miſſelto do heat and dry, and are of ſubtil parts; the bird-lime doth mollify hard knots, tumours, and impoſthumes; ripeneth and diſcuſſeth them,

them, and draweth forth thick as well as thin humours from the remote parts of the body, digeſting and ſeparating them. And being mixed with equal parts of roſin and wax, doth mollify the hardneſs of the ſpleen, and helpeth old ulcers and ſores. Being mixed with ſandarick and orpiment, it helpeth to draw off foul nails; and if quick-lime and wine lees be added thereunto, it worketh the ſtronger. The Miſſelto itſelf of the oak (as the beſt) made into powder, and given in drink to thoſe that have the falling-ſickneſs, doth aſſuredly heal them, as Matthiolus ſaith; but it is fit to uſe it for forty days together. Some have ſo highly eſteemed it for the virtues thereof, that they have called it *Lignum Sanctæ Crucis*, Wood of the Holy Croſs, believing it helps the falling-ſickneſs, apoplexy and palſy very ſpeedily, not only to be inwardly taken, but to be hung at their neck. Tragus ſaith, that the freſh wood of any Miſſelto bruiſed, and the juice drawn forth and dropped in the ears that have impoſthumes in them, doth help and eaſe them within a few days.

Moneywort, or Herb Twopence.

Deſcript.] THE common Moneywort ſendeth forth from a ſmall thready root, divers long, weak, and ſlender branches, lying and running upon the ground two or three feet long or more, ſet with leaves two at a joint one againſt another at equal diſtances, which are almoſt round, but pointed at the ends, ſmooth, and of a good green colour. At the joints with the leaves from the middle forward come forth at every point ſometimes one yellow flower, and ſometimes two, ſtanding each on a ſmall foot-ſtalk, and made of five leaves, narrow-pointed at the end, with ſome yellow threads in the middle, which being paſt, there ſtand in their place ſmall round heads of ſeed.

Place.] It groweth plentifully in almoſt all places of this land, commonly in moiſt grounds by hedge-ſides, and in the middle of graſs-fields.

Time.] They flower in June and July, and their ſeed is ripe quickly after.

Government and Virtues.] Venus owns it. Moneywort is ſingular good to ſtay all fluxes in man or woman, whether they be laſks, bloody-fluxes, the flowing of womens courſes, Bleeding inwardly or outwardly, and the

the weakneſs of the ſtomach that is given to caſting. It is very good alſo for the ulcers or excoriations of the lungs, or other inward parts. It is exceeding good for all wounds, either freſh or green, to heal them ſpeedily, and for all ulcers that are of a ſpreading nature. For all which purpoſes the juice of the herb, or the powder drank in water wherein hot ſteel hath been often quenched; or the decoction of the green herb, in wine, or water, drank, or uſed to the outward place, to waſh or bathe them, or to have tents dipped therein and put into them, are effectual.

Moonwort.

Deſcript.] IT riſeth up uſually but with one dark green, thick and flat leaf, ſtanding upon a ſhort foot-ſtalk not above two fingers breadth; but when it flowers it may be ſaid to bear a ſmall ſlender ſtalk about four or five inches high, having but one leaf in the middle thereof, which is much divided on both ſides, into ſometimes five or ſeven parts on a ſide, ſometimes more; each of which parts is ſmall like the middle rib, but broad forwards, pointed and round, reſembling therein a half moon, from whence it took the name; the uppermoſt parts or diviſions being bigger than the loweſt. The ſtalks riſe above this leaf two or three inches, bearing many branches of ſmall long tongues, every one like the ſpiky head of the adder's tongues, of a browniſh colour, (whether I ſhall call them flowers or the ſeed, I well know not) which after they have continued a while, reſolve into a mealy duſt. The root is ſmall and fibrous; this hath ſometimes divers ſuch like leaves as are before deſcribed, with ſo many branches or tops riſing from one ſtalk, each divided from the other.

Place] It groweth on hills and heaths, yet where there is much graſs, for therein it delighteth to grow.

Time.] It is to be found only in April and May; for in June, when any hot weather cometh, for the moſt part it is withered and gone.

Government and Virtues] The Moon owns the herb. Moonwort is cold and drying more tha adder's tongue, and is therefore held to be more available for all wounds both inward and outward. The leaves boiled in red wine, and drank, ſtay the immoderate flux of women's courſes,

courſes, and the whites. It alſo ſtayeth bleeding, vomiting and other fluxes. It helpeth all blows and bruiſes, and to conſolidate all fractures and diſlocations. It is good for ruptures, but it is chiefly uſed by moſt, with other herbs to make oils or balſams to heal freſh or green wounds, (as I ſaid before) either inward or outward, for which it is excellent good.

Moonwort is an herb which (they ſay) will open locks and unſhoe ſuch horſes as tread upon it; this ſome laugh to ſcorn, and thoſe no ſmall fools neither, but country people that I know, call it Unſhoe the Horſe. Beſides I have heard commanders ſay, that on White Down, in Devonſhire, near Tiverton, there were found thirty horſe-ſhoes, pulled off from the feet of the Earl of Eſſex's horſes, being there drawn up in a body, many of them being but newly ſhod, and no reaſon known, which cauſed much admiration, and the herb deſcribed uſually grows upon heaths.

Moſſes.

I SHALL not trouble the reader with a deſcription of theſe, ſince my intent is to ſpeak only of two kinds, as the moſt principal, *viz.* Ground Moſs and Tree Moſs, both which are very well known.

Place.] The Ground Moſs groweth in our moiſt woods, and in the bottom of hills, in boggy grounds, and in ſhadowy ditches, and many other ſuch like places. The Tree Moſs groweth only on trees.

Government and Virtues.] All ſorts of Moſſes are under the dominion of Saturn. The ground Moſs is ſaid to be ſingular good to break the ſtone, and to expel and drive it forth by urine, being boiled in wine and drank. The herb being bruiſed, boiled in water and applied, eaſeth all inflammations and pains coming from an hot cauſe, and is therefore uſed to eaſe the pains of the gout.

The Tree Moſſes are cooling and binding, and partake of a digeſting and mollifying quality withal, as Galen ſaith. But each Moſs doth partake of the nature of the tree from whence it is taken; therefore that of the oak is more binding, and is of good effect to ſtay fluxes in man or woman; as alſo vomiting or bleeding, the powder thereof being taken in wine. The decoction thereof in wine is very good for women to be bathed, or ſit in, that

are

are troubled with the overflowing of their courſes. The ſame being drank, ſtayeth the ſtomach that is troubled with caſting, or the hiccough; and as Avicena ſaith, it comforteth the heart. The powder thereof taken in drink for ſome time together, is thought available for the dropſy. The oil that had freſh Moſs ſteeped therein for a time, and afterwards boiled and applied to the temples and forehead, doth marvellouſly eaſe the head ach coming of a hot cauſe; as alſo the diſtillation of hot rheums or humours in the eyes, or other parts. The ancients much uſed it in their ointments and other medicines againſt the laſſitude, and to ſtrengthen and comfort the ſinews; for which, if it was good then, I know no reaſon but it may be found ſo ſtill.

Motherwort.

Deſcript.] THIS hath a hard, ſquare, browniſh, rough, ſtrong ſtalk, riſing three or four feet high at leaſt, ſpreading into many branches, whereon grow leaves on each ſide, with long foot ſtalks, two at every joint, which are ſomewhat broad and long, as if it were rough or coupled, with many great veins therein of a ſad green colour, and deeply dented about the edges, and almoſt divided. From the middle of the branches up to the tops of them (which are long and ſmall) grow the flowers round them at diſtances, ſharp-pointed, rough, hard huſks, of a more red or purple colour than balm or horehound, but in the ſame manner or form as the horehounds, after which come ſmall, round, blackiſh ſeeds in great plenty. The root ſendeth forth a number of long ſtrings and ſmall fibres, taking ſtrong hold in the ground, of a dark yellowiſh or browniſh colour, and abideth as the horehound doth; the ſmell of this not much differeth from it.

Place.] It groweth only in gardens with us in England.

Government and Virtues] Venus owns the herb, and it is under Leo. There is no better herb to take melancholy vapours from the heart, ſtrengthen it, and make a merry, chearful, blythe ſoul, than this herb. It may be kept in a ſyrup or conſerve; therefore the Latins called it Cardiaca. Beſides, it makes women joyful mothers of children, and ſettles their wombs as they ſhould be, therefore we call it Motherwort. It is held to be of much uſe for the trembling of the heart, and faintings and ſwoonings; from

from whence it took the name Cardiaca. The powder thereof, to the quantity of a ſpoonful, drank in wine, is a wonderful help to women in their ſore travail; as alſo for the ſuffocating or riſings of the mother; and for theſe effects it is likely it took the name of Motherwort with us. It alſo provoketh urine and womens courſes, cleanſeth the cheſt of cold phlegm oppreſſing it, killeth worms in the belly. It is of good uſe to warm and dry up the humours, to digeſt and diſperſe them that are ſettled in the veins, joints, and ſinews of the body, and to help cramps and convulſions.

Mouſe-Ear.

Deſcript. MOUSE-Ear is a low herb, creeping upon the ground by ſmall ſtrings, like the ſtrawberry plant, whereby it ſhooteth forth ſmall roots, whereat grow upon the ground many ſmall and ſomewhat ſhort leaves, ſet in a round form together, and very hairy, which being broken, do give a whitiſh milk: from among theſe leaves ſpring up two or three ſmall hoary ſtalks about a ſpan high, with a few ſmaller leaves thereon; at the tops whereof ſtandeth uſually but one flower, conſiſting of many pale yellow leaves, broad at the point, and a little dented in, ſet in three or four rows (the greater part uppermoſt) very like a dandelion flower, and a little reddiſh underneath about the edges, eſpecially if it grow in a dry ground; which after they have ſtood long in flower, do turn into down, which with the ſeed is carried away with the wind.

Place.] It groweth on ditch banks, and ſometimes in ditches, if they be dry, and in ſandy grounds.

Time.] It flowereth about June or July, and abideth green all the Winter.

Government and Virtues.] The Moon owns this herb alſo; and though authors cry out upon alchymiſts, for attempting to fix quickſilver by this herb and Moonwort, a Roman would not have judged a thing by the ſucceſs; if it be to be fixed at all, it is by lunar influence. The juice thereof taken in wine, or the decoction thereof drank, doth help the jaundice, although of long continuance, to drink thereof morning and evening, and abſtain from other drink two or three hours after. It is a ſpecial remedy againſt the ſtone, and the tormenting pains thereof; as alſo other tortures and griping pains of the bowels. The decoction thereof with

with ſuccory and centaury is held very effectual to help the dropſy, and them that are inclining thereto, and the diſeaſes of the ſpleen. It ſtayeth the fluxes of blood, either at the mouth or noſe, and inward bleeding alſo; for it is a ſingular wound herb for wounds both inward and outward: it helpeth the bloody-flux, and helpeth the abundance of womens courſes. There is a ſyrup made of the juice hereof, and ſugar, by the apothecaries of Italy, and other places, which is of much account with them, to be given to thoſe that are troubled with the cough or phthiſick. The ſame is alſo ſingular good for ruptures or burſtings. The green herb bruiſed, and preſently bound to any cut or wound, doth quickly ſolder the lips thereof; and the juice, decoction, or powder of the dried herb, is moſt ſingular to ſtay malignity of ſpreading and fretting cankers and ulcers whatſoever; yea, in the mouth and ſecret parts. The diſtilled water of the plant is available in all diſeaſes aforeſaid, and to waſh outward wounds and ſores, and apply tents of cloths wet therein.

Mugwort.

Deſcript. COMMON Mugwort hath divers leaves lying upon the ground, very much divided, or cut deeply in about the brims, ſomewhat like wormwood, but much larger, of a dark green colour on the upper ſide, and very hoary white underneath. The ſtalks riſe to be four or five feet high, having on it ſuch like leaves as thoſe below, but ſomewhat ſmaller, branching forth very much towards the top, whereon are ſet very ſmall, pale, yellowiſh flowers, like buttons, which fall away, and after them come ſmall ſeeds incloſed in rouud heads. The root is long and hard, with many ſmall fibres growing from it, whereby it taketh ſtrong hold on the ground: but both ſtalks and leaf do lie down every year, and the root ſhooteth anew in the Spring. The whole plant is of a reaſonable ſcent, and is more eaſily propagated by the ſlips than the ſeed.

Place.] It groweth plentifully in many places of this land by the water-ſides; as alſo by ſmall water-courſes, and in divers other places.

Time.] It flowereth and ſeedeth in the end of Summer.

Government and Virtues.] This is an herb of Venus, therefore maintaineth the parts of the body ſhe rules, remedies

medies the diſeaſes of the parts that are under her ſigns Taurus and Libra. Mugwort is with good ſucceſs put among other herbs that are boiled for women to ſit over the hot decoction to draw down their courſes, to help the delivery of their birth, and expel the after-birth. As alſo for the obſtructions and inflammations of the mother. It breaketh the ſtone, and cauſeth one to make water where it is ſtopped. The juice thereof made up with myrrh, and put under as a peſſary, worketh the ſame effects, and ſo doth the root alſo. Being made up with hog's greaſe into an ointment, it taketh away wens and hard knots, and kernels that grow about the neck and throat, and eaſeth the pains about the neck more effectually, if ſome field daiſies be put with it. The herb itſelf being freſh, or the juice thereof taken, is a ſpecial remedy upon the overmuch taking of opium. Three drams of the powder of the dried leaves taken in wine, is a ſpeedy and the beſt certain help for the ſciatica. A decoction thereof made with camomile and agrimony, and the place bathed therewith while it is warm, taketh away the pains of the ſinews, and the cramp.

The Mulberry Tree.

THIS is ſo well known where it groweth, that it needeth no deſcription.

Time.] It beareth fruit in the months of July and Auguſt.

Government and Virtues.] Mercury rules the Tree, therefore are its effects variable as his are. The Mulberry is of different parts; the ripe berries, by reaſon of their ſweetneſs and ſlippery moiſture, opening the body, and the unripe binding it, eſpecially when they are dried, and then they are good to ſtay fluxes, laſks, and the abundance of womens courſes. The bark of the root killeth the broad worms in the body. The juice or the ſyrup made of the juice of the berries, helpeth all inflammations or ſores in the mouth, or throat, and palate of the mouth when it is fallen down. The juice of the leaves is a remedy againſt the bitings of ſerpents, and for thoſe that have taken aconite. The leaves beaten with vinegar, are good to lay on any place that is burnt with fire. A decoction made of the bark and leaves is good to waſh the mouth and teeth when they ach. If the root be a little ſlit or cut, and a ſmall hole made in the ground

next thereunto, in the harveſt-time, it will give out a certain juice, which being hardened the next day, is of good uſe to help the tooth-ach, to diſſolve knots, and purge the belly. The leaves of Mulberries are ſaid to ſtay bleeding at the mouth or noſe, or the bleeding of the piles, or of a wound, being bound into the places. A branch of the tree taken when the Moon is at the full, and bound to the wriſt of a woman's arm, whoſe courſes come down too much, doth ſtay them in a ſhort ſpace.

Mullein.

Deſcript.] COMMON White Mullein hath many fair, large, woolly white leaves, lying next the ground, ſomewhat larger than broad, pointed at the end, and as it were dented about the edges. The ſtalk riſeth up to be four or five feet high, covered over with ſuch like leaves, but leſſer, ſo that no ſtalk can be ſeen for the multitude of leaves thereon up to the flowers, which come forth on all ſides of the ſtalk, without any branches for the moſt part, and are many ſet together in a long ſpike, in ſome of a yellow colour, in others more pale, conſiſting of five round-pointed leaves, which afterwards have ſmall round heads, wherein is ſmall browniſh ſeed contained. The root is long, white, and woody, periſhing after it hath borne ſeed.

Place.] It groweth by way-ſides and lanes, in many places of this land.

Time.] It flowereth in July, or thereabouts.

Government and Virtues.] It is under the dominion of Saturn. A ſmall quantity of the root given in wine, is commended by Dioſcorides, againſt laſks and fluxes of the belly. The decoction hereof drank, is profitable for thoſe that are burſten, and for cramps and convulſions, and for thoſe that are troubled with an old cough. The decoction thereof gargled, eaſeth the pains of the tooth-ach. And the oil made by the often infuſion of the flowers, is of very good effect for the piles. The decoction of the root in red wine or in water, (if there be an ague) wherein red hot ſteel hath been often quenched, doth ſtay the bloody-flux. The ſame alſo openeth obſtructions of the bladder and reins when one cannot make water. A decoction of the leaves hereof, and of ſage, marjoram, and camomile flowers, and the places bathed therewith, that have ſinews ſtiff with cold or cramps, doth

doth bring them much eaſe and comfort. Three ounces of the diſtilled water of the flowers drank morning and evening for ſome days together, is ſaid to be the moſt excellent remedy for the gout. The juice of the leaves and flowers being laid upon rough warts, alſo the powder of the dried roots rubbed on, doth eaſily take them away, but doth no good to ſmooth warts. The powder of the dried flowers is an eſpecial remedy for thoſe that are troubled with the belly-ach, or the pains of the colick. The decoction of the root, and ſo likewiſe of the leaves, is of great effect to diſſolve the tumours, ſwellings, or inflammations of the throat. The ſeed and leaves boiled in wine, and applied, draw forth ſpeedily thorns or ſplinters gotten into the fleſh, eaſe the pains, and heal them alſo. The leaves bruiſed and wrapped in double papers, and covered with hot aſhes and embers to bake a while, and then taken forth and laid warm on any blotch or boil happening in the groin or ſhare, doth diſſolve and heal them. The ſeed bruiſed and boiled in wine, and laid on any member that hath been out of joint, and newly ſet again, taketh away all ſwelling and pain thereof.

Muſtard.

Deſcript.] OUR common Muſtard hath large and broad rough leaves, very much jagged with uneven and unorderly gaſhes, ſomewhat like turnip-leaves, but leſſer and rougher. The ſtalk riſeth to be more than a foot high, and ſometimes two feet high, being round, rough, and branched at the top, bearing ſuch like leaves thereon as grow below, but leſſer, and leſs divided, and divers yellow flowers one above another at the tops, after which come ſmall rough pods, with ſmall, lank, flat ends, wherein is contained round yellowiſh ſeed, ſharp, hot, and biting upon the tongue. The root is ſmall, long, and woody when it beareth ſtalks, and periſheth every year.

Place.] This groweth with us in gardens only, and other manured places.

Time.] It is an annual plant, flowering in July, and the ſeed is ripe in Auguſt.

Government and Virtues.] It is an excellent ſauce for ſuch whoſe blood wants clarifying, and for weak ſtomachs, being an herb of Mars, but naught for cholerick people, though as good for ſuch as are aged, or troubled with

with cold diſeaſes. Aries claims ſomething to do with it, therefore it ſtrengthens the heart and reſiſteth poiſon. Let ſuch whoſe ſtomachs are ſo weak they cannot digeſt their meat, or appetite it, take of Muſtard-ſeed a dram, cinnamon as much, and having beaten them to powder, and half as much maſtick in powder, and with gum arabick diſſolved in roſe-water, make it up into troches, of which they may take one of about half a dram-weight an hour or two before meals; let old men and women make much of this medicine, and they will either give me thanks, or ſhew manifeſt ingratitude. Muſtard-ſeed hath the virtue of heat, diſcuſſing, rarifying, and drawing out ſplinters of bones, and other things of the fleſh. It is of good effect to bring down womens courſes, for the falling-ſickneſs or lethargy, drowſy forgetful evil, to uſe it both inwardly and outwardly, to rub the noſtrils, forehead, and temples, to warm and quicken the ſpirits; for by the fierce ſharpneſs it purgeth the brain by ſneezing, and drawing down rheum and other viſcous humours, which by their diſtillations upon the lungs and cheſt, procure coughing, and therefore, with ſome honey added thereto, doth much good therein. The decoction of the ſeed made in wine, and drank, provoketh urine, reſiſteth the force of poiſon, the malignity of muſhrooms, and venom of ſcorpions, or other venomous creatures, if it be taken in time; and taken before the cold fits of agues, altereth, leſſeneth, and cureth them. The ſeed taken either by itſelf, or with other things, either in an electuary or drink, doth mightily ſtir up bodily luſt, and helpeth the ſpleen and pains in the ſides, and gnawings in the bowels; and uſed as a gargle draweth up the palate of the mouth, being fallen down; and alſo it diſſolveth the ſwellings about the throat, if it be outwardly applied. Being chewed in the mouth it oftentimes helpeth the tooth-ach. The outward application hereof upon the pained place of the ſciatica, diſcuſſeth the humours, and eaſeth the pains, as alſo the gout, and other joint achs; and is much and often uſed to eaſe pains in the ſides or loins, the ſhoulders, or other parts of the body, upon the applying thereof to raiſe bliſters, and cureth the diſeaſe by drawing it to the outward parts of the body. It is alſo uſed to help the falling off the hair. The ſeed bruiſed, mixed with honey, and applied, or made up with wax, taketh away the marks and black and blue ſpots of bruiſes, or the like, the roughneſs

roughneſs or ſcabbineſs of the ſkin, as alſo the leproſy, and louſy evil. It helpeth alſo the crick in the neck. The diſtilled water of the herb, when it is in the flower, is much uſed to drink inwardly to help in any of the diſeaſes aforeſaid, or to waſh the mouth when the palate is down, and for the diſeaſes of the throat to gargle, but outwardly alſo for ſcabs, itch, or other the like infirmities, and cleanſeth the face from morphew, ſpots, freckles, and other deformities.

The Hedge Muſtard.

Deſcript.] THIS groweth up uſually but with one blackiſh green ſtalk, tough, eaſy to bend, but not to break, branched into divers parts, and ſometimes with divers ſtalks, ſet full of branches, whereon grow long, rough, or hard rugged leaves, very much tore or cut on the edges in many parts, ſome bigger, and ſome leſſer, of a dirty green colour. The flowers are ſmall and yellow, that grow on the tops of the branches in long ſpikes, flowering by degrees; ſo that continuing long in flower, the ſtalk will have ſmall round cods at the bottom, growing upright and cloſe to the ſtalk, while the top flowers yet ſhew themſelves, in which are contained ſmall yellow ſeed, ſharp and ſtrong, as the herb is alſo. The root groweth down ſlender and woody, yet abiding and ſpringing again every year.

Place.] This groweth frequently in this land, by the ways and hedge-ſides, and ſometimes in the open fields.

Time.] It flowereth moſt uſually about July.

Government and Virtues.] Mars owns this herb alſo. It is ſingular good in all the diſeaſes of the cheſt and lungs, hoarſeneſs of voice; and by the uſe of the decoction thereof for a little ſpace, thoſe have been recovered who had utterly loſt their voice, and almoſt their ſpirits alſo. The juice thereof made into a ſyrup, or licking medicine, with honey or ſugar, is no leſs effectual for the ſame purpoſe, and for all other coughs, wheezing, and ſhortneſs of breath. The ſame is alſo profitable for thoſe that have the jaundice, pleuriſy, pains in the back and loins, and for torments in the belly, or colick, being alſo uſed in clyſters. The ſeed is held to be a ſpecial remedy againſt poiſon and venom. It is ſingular good for the ſciatica, and in joint-achs, ulcers, and cankers in the

mouth, throat, or behind the ears, and no leſs for the hardneſs and ſwelling of the teſticles, or women's breaſts.

Nailwort, or Whitlowgraſs.

Deſcript.] THIS very ſmall and common herb hath no roots, ſave only a few ſtrings, neither doth it grow to be above a hand's breadth high, the leaves are very ſmall, and ſomewhat long, not much unlike thoſe of chickweed, among which riſe up divers ſlender ſtalks, bearing many white flowers, one above another, which are exceeding ſmall; after which come ſmall flat pouches containing the ſeed, which is very ſmall, but of a ſharp taſte.

Place.] It grows commonly upon old ſtone and brick walls, and ſometimes in dry gravelly grounds, eſpecially if there be graſs or moſs near to ſhadow it.

Time.] They flower very early in the year, ſometimes in January and February; for before the end of April they are not to be found.

Government and Virtues.] It is held to be exceeding good for thoſe impoſthumes in the joints, and under the nails, which they call Whitlows, Felons, Andicons and Nail-wheals. Such as would be knowing phyſicians, let them read thoſe books of mine of the laſt edition, *viz.* Reverius, Riolanus, Johnſon, Veſtingus, Sennertus.

Nep, or Catmint.

Deſcript.] COMMON Garden Nep ſhooteth forth hard four-ſquare ſtalks, with a hoarineſs on them, a yard high or more, full of branches, bearing at every joint two broad leaves like balm, but longer pointed, ſofter, white and more hoary, nicked about the edges, and of a ſtrong ſweet ſcent. The flowers grow in large tufts at the tops of the branches, and underneath them likewiſe on the ſtalks, many together, of a whitiſh purple colour. The roots are compoſed of many long ſtrings, or fibres, faſtening themſelves ſtronger in the ground and abide with green leaves thereon all the Winter.

Place.] It is only nurſed up in our gardens.

Time.] It flowereth in July, or thereabouts.

Government and Virtues.] It is an herb of Venus. Nep is generally uſed for women to procure their courſes, being taken inwardly or outwardly, either alone, or with other

other convenient herbs in a decoction to bathe them, or ſit over the hot fumes thereof; and by the frequent uſe thereof, it takes away barrenneſs, the wind and pains of the mother. It is alſo uſed in pains of the head coming of any cold cauſe, catarrhs, rheums, and for ſwimming and giddineſs thereof, and is of ſpecial uſe for the windineſs of the ſtomach and belly. It is effectual for any cramp or cold achs, to diſſolve cold and wind that afflicteh the place, and is uſed for colds, coughs and ſhortneſs of breath. The juice thereof drank in wine, is profitable for thoſe that are bruiſed by an accident. The green herb bruiſed and applied to the fundament, and lying there two or three hours, eaſeth the pains of the piles; the juice alſo being made up into an ointment, is effectual for the ſame purpoſe. The head waſhed with a decoction thereof, it taketh away ſcabs, and may be effectual for other parts of the body alſo.

Nettles.

NETTLES are ſo well known, that they need no deſcription; they may be found by feeling, in the darkeſt night.

Government and Virtues.] This is alſo an herb Mars claims dominion over. You know Mars is hot and dry, and you know as well that Winter is cold and moiſt; then you may know as well the reaſon why Nettle-tops eaten in the Spring conſumeth the phlegmatic ſuperfluities in the body of man, that the coldneſs and moiſtneſs of Winter hath left behind. The roots or leaves boiled, or the juice of either of them, or both made into an electuary with honey and ſugar, is a ſafe and ſure medicine to open the pipes and paſſages of the lungs, which is the cauſe of wheezing and ſhortneſs of breath, and helpeth to expectorate tough phlegm, as alſo to raiſe the impoſthumed pleuriſy, and ſpend it by ſpitting; the ſame helpeth the ſwelling of the almonds in the throat, the mouth and throat being gargled therewith. The juice is alſo effectual to ſettle the palate of the mouth, in its place, and heal and temper the inflammations and ſoreneſs of the mouth and throat. The decoction of the leaves in wine, being drank, is ſingular good to provoke women's courſes, and ſettle the ſuffocation, ſtrangling of the mother and all other diſeaſes thereof; as alſo ap-

plied outwardly, with a little myrrh. The ſame alſo, or the ſeed, provoketh urine and expelleth the gravel and ſtone in the reins or bladder, often proved to be effectual in many that have taken it. The ſame killeth the worms in children, eaſeth pains in the ſides and diſſolveth the windineſs in the ſpleen, as alſo the body, although others think it only powerful to provoke venery. The juice of the leaves taken two or three days together, ſtayeth bleeding at the mouth. The ſeed drank, is a remedy againſt the ſtinging of venomous creatures, the biting of mad dogs, the poiſonous qualities of hemlock, henbane, nightſhade, mandrake, or ſuch like herbs that ſtupify or dull the ſenſes; as alſo the lethargy, eſpecially to uſe it outwardly, to rub the forehead or temple in the lethargy, and the places ſtung or bitten with beaſts, with a little ſalt. The diſtilled water of the herb is alſo effectual (though not ſo powerful) for the diſeaſes aforeſaid; as for outward wounds and ſores to waſh them, and cleanſe the ſkin from morphew, leproſy and other diſcolourings thereof. The ſeed or leaves bruiſed and put into the noſtrils, ſtayeth the bleeding of them, and taketh away the fleſh growing in them called polypus. The juice of the leaves, or the decoction of them, or the roots, is ſingular good to waſh either old, rotten, or ſtinking ſores or fiſtulas and gangrenes, and ſuch as fretting, eating, or corroding ſcabs, mangineſs and itch in any part of the body, as alſo green wounds, by waſhing them therewith, or applying the green herb bruiſed thereunto, yea although the fleſh were ſeparated from the bones; the ſame applied to our wearied members refreſh them, or to place thoſe that have been out of joint, being firſt ſet up again, ſtrengtheneth, drieth and comforteth them, as alſo thoſe places troubled with achs and gouts, and the defluction of humours upon the joints or ſinews; it eaſeth the pains, and drieth or diſſolveth the defluctions. An ointment made of the juice, oil, and a little wax, is ſingular good to rub cold and benumbed members. A handful of the leaves of green Nettles and another of Wallwort, or Deanwort, bruiſed and applied, ſimply themſelves to the gout, ſciatica, or joint achs in any part, hath been found to be an admirable help thereunto.

Night-

Nightſhade.

Deſcript.] COMMON Nightſhade hath an upright, round, green hollow ſtalk, about a foot or half a yard high, buſhing forth in many branches, whereon grow many green leaves, ſomewhat broad, and pointed at the ends, ſoft and full of juice like unto Bazil, but longer and a little unevenly dented about the edges; at the tops of the ſtalks and branches come forth three or four more white flowers, made of five ſmall pointed leaves a-piece, ſtanding on a ſtalk together one above another, with yellow pointels in the middle, compoſed of four or five yellow threads ſet together, which afterwards run into ſo many pendulous green berries, of the bigneſs of ſmall peas, full of green juice, and ſmall, whitiſh, round, flat ſeed lying within it. The root is white, and a little woody when it hath given flower and fruit, with many ſmall fibres at it; the whole plant is of a wateriſh inſipid taſte, but the juice within the berries is ſomewhat viſcous, and of a cooling and binding quality.

Place.] It groweth wild with us under our walls, in rubbiſh, the common paths, and ſides of edges and fields, alſo in our gardens here in England, without planting.

Time.] It lieth down every year, and riſeth again of its own ſowing, but ſpringeth not until the latter end of April at the ſooneſt.

Government and Virtues.] It is a cold Saturnine plant. The common Nightſhade is wholly uſed to cool hot inflammations either inwardly or outwardly, being no ways dangerous to any that uſe it, as moſt of the reſt of the Nightſhades are; yet it muſt be uſed moderately. The diſtilled water only of the whole herb is fitteſt and ſafeſt to be taken inwardly; the juice alſo clarified and taken, being mingled with a little vinegar, is good to waſh the mouth and throat that is inflamed; but outwardly, the juice of the herbs or berries, with oil of roſes and a little vinegar and ceruſe laboured together in a leaden mortar, is very good to anoint all inflammations in the eyes. It alſo doth much good for the thirgles, ringworms, and in all running, fretting and corroding ulcers, applied thereunto. A peſſary dipped in the juice, and dropped into the matrix, ſtayeth the immoderate flux of womens courſes; a cloth wet therein, and applied to the teſticles or cods, upon ſwelling therein, giveth much eaſe,

alſo to the gout that cometh of hot and ſharp humours. The juice dropped into the ears eaſeth pains thereof that ariſe of heat or inflammations; and Pliny ſaith, it is good for hot ſwellings under the throat. Have a care you miſtake not the Deadly Nightſhade for this; if you know it not, you may let them both alone and take no harm, having other medicines ſufficient in the book.

The Oak.

IT is ſo well known (the timber thereof being the glory and ſafety of this nation by ſea) that it needeth no deſcription.

Government and Virtues.] Jupiter owns the tree. The leaves and bark of the Oak and acorn cups do bind and dry very much. The inner bark of the tree, and the thin ſkin that covereth the acorn, are moſt uſed to ſtay the ſpitting of blood and the bloody-flux. The decoction of that bark and the powder of the cups, do ſtay vomitings, ſpitting of blood, bleeding at the mouth, or other flux in men or women; laſks alſo, and the involuntary flux of natural ſeed. The acorn in powder taken in wine, provoketh urine and reſiſteth the poiſon of venomous creatures. The decoction of acorns and bark made in milk, and taken, reſiſteth the force of poiſonous herbs and medicines, as alſo the virulency of cantharides, when one by eating them hath his bladder exulcerated, and piſſeth blood. Hippocrates ſaith, he uſed the fumes of Oak leaves to women that were troubled with ſtrangling of the mother; and Galen applied them being bruiſed, to cure wounds. The diſtilled water of the Oaken bud, before they break out into leaves, is good to be uſed either inwardly or outwardly to aſſuage inflammations, and ſtop all manner of fluxes in man or woman. The ſame is ſingular good in peſtilential and hot burning fevers; for it reſiſteth the force of the infection, and allayeth the heat; it cooleth the heat of the liver, breaketh the ſtone in the kidnies and ſtayeth women's courſes. The decoction of the leaves worketh the ſame effects. The water that is found in the hollow places of old Oaks, is very effectual againſt foul or ſpreading ſcabs. The diſtilled water (for concoction, which is better) of the leaves, is one of the beſt remedies that I know of for the whites in women.

Oats.

Oats.

ARE ſo well known that they need no deſcription.

Government and Virtues.] Oats fried with bay ſalt, and applied to the ſides, take away the pains of ſtitches, and wind in the ſides of the belly. A poultice made of meal of Oats and ſome oil of bays put thereunto, helpeth the itch and leproſy, alſo the fiſtulas of the fundament, and diſſolveth hard impoſthumes. The meal of Oats boiled with vinegar and applied, taketh away freckles and ſpots in the face, and other parts of the body.

One Blade.

Deſcript.] THIS ſmall plant never beareth more than one leaf, but only where it riſeth up with his ſtalk, which thereon beareth another, and ſeldom more, which are a bluiſh green colour, pointed with many ribs or veins therein, like plantain. At the top of the ſtalk grow many ſmall white flowers, ſtar-faſhion, ſmelling ſomewhat ſweet; after which come ſmall red berries, when they are ripe. The root is ſmall, of the bigneſs of a ruſh, lying and creeping under the upper cruſt of the earth, ſhooting forth in divers places.

Place.] It groweth in moiſt, ſhadowy and graſſy places of woods, in many places of this land.

Time.] It flowereth about May, and the berries are ripe in June, and then quickly periſheth, until the next year it ſpringeth from the ſame root again.

Government and Virtues.] It is a precious herb of the Sun. Half a dram, or a dram at moſt, in powder of the roots hereof taken in wine and vinegar, of each equal parts, and the party laid preſently to ſweat thereupon, is held to be a ſovereign remedy for thoſe that are infected with the plague, and have a ſore upon them, by expelling the poiſon and infection, and defending the heart and ſpirits from danger. It is a ſingular good wound herb, and is thereupon uſed with other the like effects in many compound balms for curing of wounds, be they freſh and green, or old and malignant, and eſpecially if the ſinews be burnt.

Orchis.

IT hath gotten almoſt as many ſeveral names attributed to the ſeveral ſorts of it, as would almoſt fill a ſheet of paper; as dog-ſtones, goat-ſtones, fool-ſtones, fox-

ſtones, ſatirion, cullians, together with many others too tedious to rehearſe.

Deſcript.] To deſcribe all the ſeveral ſorts of it were an endleſs piece of work; therefore I ſhall only deſcribe the roots, becauſe they are to be uſed with ſome diſcretion. They have each of them a double root within, ſome of them are round, in others like a hand; theſe alter every year by courſe, when the one riſeth and waxeth full, the other waxeth lank and periſheth; now, it is that which is full which is to be uſed in medicines, the other being either of no uſe, or elſe according to the humour of ſome it deſtroys and diſannuls the virtue of the other, quite undoing what that doth.

Time.] One or other of them may be found in flower, from the beginning of April to the latter end of Auguſt.

Government and Virtues. They are hot and moiſt in operation, under the dominion of Dame Venus, and provoke luſt exceedingly, which, they ſay, the dried and withered roots do reſtrain. They are held to kill worms in children; as alſo, being bruiſed and applied to the place, to heal the king's evil.

Onions.

THEY are ſo well known, that I need not ſpend time about writing a deſcription of them.

Government and Virtues.] Mars own them and they have this quality, to draw any corruption to them, for if you peel one, and lay it upon a dunghill, you ſhall find him rotten in half a day, by drawing putrefaction to it; then being bruiſed and applied to a plague ſore, it is very probable it will do the like. Onions are flatulent, or windy, yet they do ſomewhat provoke appetite, increaſe thirſt, eaſe the belly and bowels, provoke womens courſes, help the biting of a mad dog, and of other venomous creatures, to be uſed with honey and rue, increaſe ſperm, eſpecially the ſeed of them. They alſo kill worms in children if they drink the water faſting wherein they have been ſteeped all night. Being roaſted under the embers and eaten with honey, or ſugar and oil, they much conduce to help an inveterate cough, and expectorate the tough phlegm. The juice being ſnuffed up in the noſtrils, purgeth the head, and helpeth the lethargy; yet the often eating them is ſaid to procure pains in the head.

It

It hath been held by divers country people a great preſervative againſt infection, to eat Onions faſting with bread and ſalt; as alſo to make a great Onion hollow, filling it with good treacle, and afterwards to roaſt it well under the embers, which, after taking away the outermoſt ſkin thereof, being beaten together, is ſovereign ſalve for either plague or ſores, or any other putrified ulcer. The juice of Onions is good for either ſcalding or burning by fire, water, or gunpowder, and uſed with vinegar, taketh away all blemiſhes, ſpots and marks in the ſkin; and dropped into the ears, eaſeth the pains and noiſe of them. Applied with figs beaten together, helpeth to ripen and break impoſthumes and other ſores.

Leeks are as like them in quality, as the pome-water is like an apple; they are a remedy againſt a ſurfeit of muſhrooms, being baked under the embers and taken; and being boiled and applied very warm, help the piles. In other things they have the ſame property as the Onions, although not ſo effectual.

Orpine.

Deſcript.] COMMON Orpine riſeth up with divers round brittle ſtalks, thick ſet with flat and fleſhy leaves, without any order, and little or nothing dented about the edges, of a green colour. The flowers are white, or whitiſh, growing in tufts, after which come ſmall chaffy huſks, with ſeeds like duſt in them. The roots are divers thick, round white, tuberous clogs; and the plant groweth not ſo big in ſome places as in others where it is found.

Place.] It is frequent in almoſt every county in this land, and is cheriſhed in gardens with us, where it groweth greater than that which is wild, and groweth in ſhadowy ſides of fields and woods.

Time.] It flowereth about July, and the ſeed is ripe in Auguſt.

Government and Virtues.] The Moon owns the herb, and he that knows but her exaltation, knows what I ſay is true. Orpine is ſeldom uſed in inward medicines with us, although Tragus ſaith from experience in Germany, that the diſtilled water thereof is profitable for gnawings or excoriations in the ſtomach or bowels, or for ulcers in

the lungs, liver, or other inward parts, as alſo in the matrix, and helpeth all thoſe diſeaſes, being drank for certain days together. It ſtayeth the ſharpneſs of humours in the bloody flux, and other fluxes in the body or in wounds. The root thereof alſo performeth the like effect. It is uſed outwardly to cool heat or inflammation upon any hurt or wound, and eaſeth the pains of them; as alſo to heal ſcaldings and burnings, the juice thereof being beaten with ſome green ſallad oil and anointed. The leaf bruiſed and laid to any green wound in the hands or legs, doth heal them quickly; and being bound to the throat, much helpeth the quinſy; it helpeth alſo ruptures and burſtenneſs. If you pleaſe to make the juice thereof into a ſyrup with honey or ſugar, you may ſafely take a ſpoonful or two at a time, (let my author ſay what he will) for a quinſy, and you ſhall find the medicine more pleaſant, and the cure more ſpeedy, than if you had taken dog's turd, which is the vulgar cure.

Parſley.

THIS is ſo well known that it needs no deſcription. *Government and Virtues.*] It is under the dominion of Mercury; is very comfortable to the ſtomach; helpeth to provoke urine and women's courſes, to break wind both in the ſtomach and bowels, and doth a little open the body, but the root much more. It openeth obſtructions both of liver and ſpleen, and is therefore accounted one of the five opening roots. Galen commended it againſt the falling ſickneſs, and to provoke urine mightily, eſpecially if the roots be boiled and eaten like parſnips. The ſeed is effectual to provoke urine and women's courſes, to expel wind, to break the ſtone, and eaſe the pains and torments thereof; it is alſo effectual againſt the venom of any poiſonous creature, and the danger that cometh to them that have the lethargy, and is good againſt the cough. The diſtilled water of Parſley is a familiar medicine with nurſes to give their children when they are troubled with wind in the ſtomach or belly, which they call the frets; and is much available to them that are of great years. The leaves of Parſley laid to the eyes that are inflamed with heat, or ſwollen, doth much help them, if it be uſed with bread and meal; and

and being fried with butter, and applied to womens breaſts that are hard through the curdling of their milk, it abateth the hardneſs quickly, and alſo taketh away black and blue marks coming of bruiſes or falls. The juice thereof dropped in the ears with a little wine, eaſeth the pains. Tragus ſetteth down an excellent medicine to help the jaundice and falling ſickneſs, the dropſy, and ſtone in the kidnies, in this manner; take of the ſeed of Parſley, Fennel, Anniſe, and Carraways, of each an ounce; of the roots of Parſley, Burnet, Saxifrage and Carraways, of each an ounce and an half; let the ſeeds be bruiſed, and the roots waſhed and cut ſmall; let them lie all night in ſteep in a bottle of white wine, and in the morning be boiled in a cloſe earthen veſſel, until a third part or more be waſted; which being ſtrained and cleared, take four ounces thereof, morning and evening, firſt and laſt, abſtaining from drink after it for three hours. This openeth obſtructions of the liver and ſpleen, and expelleth the dropſy or jaundice by urine.

Parſley Piert, or Parſley Breakſtone.

Deſcript.] THE root, although it be very ſmall and thready, yet it continues many years, from whence ariſe many leaves lying along on the ground, each ſtanding upon a long ſmall foot-ſtalk, the leaves as broad as a man's nail, very deeply dented on the edges, ſomewhat like a parſley leaf, but of a very duſky green colour. The ſtalks are very weak and ſlender, about three or four fingers in length, ſet ſo full of leaves that they can hardly be ſeen, either having no foot-ſtalk at all, or but very ſhort; the flowers are ſo ſmall they can hardly be ſeen, and the ſeed as ſmall as may be.

Place.] It is a common herb throughout the nation, and rejoiceth in barren, ſandy, moiſt places. It may be found plentifully about Hampſtead-Heath, Hyde-Park, and in Tothill-Fields.

Time] It may be found all the Summer-time, even from the beginning of April to the end of October.

Government and Virtues.] Its operation is very prevalent to provoke urine, and to break the ſtone. It is a very good ſallad herb. It were good the gentry would pickle it up as they pickle up ſamphire for their uſe all the Winter. I cannot teach them how to do it; yet this I

can tell them, it is a very wholeſome herb. They may alſo keep the herb dry, or in a ſyrup, if they pleaſe. You may take a dram of the powder of it in white wine; it would bring away gravel from the kidnies inſenſibly, and without pain. It alſo helps the ſtrangury.

Parſnip.

THE garden kind thereof is ſo well known (the root being commonly eaten) that I ſhall not trouble you with any deſcription of it. But the wild being of more phyſical uſe, I ſhall in this place deſcribe it unto you.

Deſcript.] The wild Parſnip differeth little from the garden, but groweth not ſo fair and large, nor hath ſo many leaves, and the root is ſhorter, more woody, and not ſo fit to be eaten, and therefore more medicinal.

Place.] The name of the firſt ſheweth the place of its growth. The other groweth wild in divers places, as in the marſhes by Rocheſter, and elſewhere, and flowereth in July; the ſeed being ripe about the beginning of Auguſt, the ſecond year after the ſowing; for if they do not flower the firſt year, the country people call them Madneps.

Government and Virtues.] The garden Parſnips are under Venus; it nouriſheth much, and is good and wholeſome, but a little windy, whereby it is thought to procure bodily luſt; but it fatteneth the body much if much uſed. It is conducible to the ſtomach and reins, and provoketh urine. The wild Parſnip hath a cutting, attenuating, cleanſing and opening quality therein. It reſiſteth and helpeth the bitings of ſerpents, eaſeth the pains and ſtitches in the ſides, and diſſolveth wind, both in the ſtomach and bowels, which is the colic, and provoketh urine. The root is often uſed, but the ſeed much more. The wild being better than the tame, ſhews Dame Nature to be the beſt phyſician.

Cow Parſnip.

Deſcript.] THIS groweth with three or four large ſpread-winged, rough leaves, lying often on the ground, or elſe raiſed a little from it, with long, round hairy foot-ſtalks under them, parted uſually into five diviſions, the two couple ſtanding each againſt the other; and one at the end, and each being almoſt

almoſt round, yet ſomewhat deeply cut in on the edges in ſome leaves, and not ſo deep in others, of a whitiſh green colour, ſmelling ſomewhat ſtrongly; among which riſeth up a round, cruſted, hairy ſtalk, two or three feet high, with a few joints and leaves thereon, and branched at the top, where ſtand large umbels of white, and ſometimes reddiſh flowers, and after them flat, whitiſh, thin, winged ſeed, two always joined together. The root is long and white, with two or three long ſtrings growing down into the ground, ſmelling likewiſe ſtrongly and unpleaſant.

Place.] It groweth in moiſt meadows, the borders and corners of fields, and near ditches, through this land.

Time] It flowereth in July, and ſeedeth in Auguſt.

Government and Virtues.] Mercury hath the dominion over them. The ſeed thereof, as Galen ſaith, is of a ſharp and cutting quality, and therefore is a fit medicine for a cough and ſhortneſs of breath, the falling-ſickneſs and jaundice. The root is available to all the purpoſes aforeſaid, and is alſo of great uſe to take away the hard ſkin that groweth on a fiſtula, if it be but ſcraped upon it. The ſeed hereof being drank, cleanſeth the belly from tough phlegmatic water therein, eaſeth them that are liver-grown, womens paſſions of the mother, as well being drank as the ſmoke thereof received underneath, and likewiſe riſeth ſuch as are fallen into a deep ſleep, or have the lethargy, by burning it under their noſe. The ſeed and root boiled in oil, and the head rubbed therewith, helpeth not only thoſe that are fallen into a frenzy, but alſo the lethargy or drowſy evil, and thoſe that have been long troubled with the head-ach, if it be likewiſe uſed with rue. It helpeth alſo the running ſcab and the ſhingles. The juice of the flowers dropped into the ears that run and are full of matter, cleanſeth and healeth them.

The Peach-Tree.

Deſcript.] A Peach-Tree groweth not ſo great as the Apricot-Tree, yet ſpreadeth branches reaſonable well, from whence ſpring ſmaller reddiſh twigs, whereon are ſet long and narrow green leaves dented about the edges. The bloſſoms are greater than the plum, and of a light purple colour; the fruit round, and ſometimes as big as a reaſonable pippin, others ſmaller, as alſo differing in colour and taſte, as ruſſet, red,

red, or yellow, wateriſh or firm, with a frize or cotton all over, with a cleft therein like an apricot, and a rugged, furrowed, great ſtone within it, and a bitter kernel within the ſtone. It ſooner waxeth old, and decayeth, than the apricot, by much.

Place.] They are nurſed in gardens and orchards through this land.

Time.] They flower in the Spring, and fructify in Autumn.

Government and Virtues.] Lady Venus owns this Tree, and by it oppoſeth the ill effects of Mars; and indeed for children and young people, nothing is better to purge choler and the jaundice, than the leaves or flowers of this tree, being made into a ſyrup or conſerve; let ſuch as delight to pleaſe their luſt regard the fruit; but ſuch as have loſt their health, and their childrens, let them regard what I ſay, they may ſafely give two ſpoonfuls of the ſyrup at a time; it is as gentle as Venus herſelf. The leaves of peaches bruiſed and laid on the belly, kill worms; and ſo they do alſo being boiled in ale and drank, and open the belly likewiſe; and being dried is a ſafer medicine to diſcuſs humours. The powder of them ſtrewed upon freſh bleeding wounds ſtayeth their bleeding, and cloſeth them up. The flowers ſteeped all night in a little wine ſtanding warm, ſtrained forth in the morning, and drank faſting, doth gently open the belly, and move it downward. A ſyrup made of them, as the ſyrup of roſes is made, worketh more forcibly than that of roſes, for it provoketh vomiting, and ſpendeth wateriſh and hydropic humours by the continuance thereof. The flowers made into a conſerve, worketh the ſame effect. The liquor that droppeth from the tree, being wounded, is given in the decoction of Coltsfoot, to thoſe that are troubled with the cough or ſhortneſs of breath, by adding thereunto ſome ſweet wine, and putting ſaffron alſo therein. It is good for thoſe that are hoarſe, or have loſt their voice; helpeth all defects of the lungs, and thoſe that vomit and ſpit blood. Two drams hereof given in the juice of lemons, or of radiſh, is good for them that are troubled with the ſtone. The kernels of the ſtones do wonderfully eaſe the pains and wringings of the belly, through wind or ſharp humours, and help to make an excellent medicine for the ſtone upon all occaſions, in this manner: *I take fifty kernels of peach-ſtones, and one hundred of the kernels of cherry ſtones, a handful*

handful of elder flowers freſh or dried, and three pints of muſtadel; ſet them in a cloſe pot into a bed of horſe dung for ten days, after which diſtil in a glaſs with a gentle fire, and keep it for your uſe: You may drink upon occaſion three or four ounces at a time. The milk or cream of theſe kernels being drawn forth with ſome vervain water, and applied to the forehead and temples, doth much help to procure reſt and ſleep to ſick perſons wanting it. The oil drawn from the kernels, the temples being therewith anointed, doth the like. The ſaid oil put into clyſters, eaſeth the pains of the wind-cholic; and anointed on the lower part of the belly doth the like, and dropped into the ears eaſeth pains in them; the juice of the leaves doth the like. Being alſo anointed on the forehead and temples, it helpeth the megrim, and all other parts in the head. If the kernels be bruiſed and boiled in vinegar, until they become thick, and applied to the head, it marvellouſly procures the hair to grow again upon bald places, or where it is too thin.

The Pear-Tree.

PEAR-Trees are ſo well known, that they need no deſcription.

Government and Virtues.] The tree belongs to Venus, and ſo doth the apple-tree. For their phyſical uſe they are beſt diſcerned by their taſte. All the ſweet and luſcious ſorts, whether manured or wild, do help to move the belly downwards, more or leſs. Thoſe that are hard and ſour, do, on the contrary, bind the belly as much, and the leaves do ſo alſo: thoſe that are moiſt do in ſome ſort cool, but harſh or wild ſorts much more, and are very good in repelling medicines; and if the wild ſort be boiled with muſhrooms, it makes them leſs dangerous. The ſaid Pears boiled with a little honey, helps much the oppreſſed ſtomach, as all ſorts of them do, ſome more, ſome leſs; but the harſher ſorts do more cool and bind, ſerving well to be bound in green wounds, to cool and ſtay the blood, and heal up the wound without farther trouble, or inflammation, as Galen ſaith he found it by experience. The wild Pears do ſooner cloſe up the lips of green wounds than others.

Schola Salerni adviſeth to drink much wine after Pears, or elſe (ſay they) they are as bad as poiſon; nay, and they curſe the tree for it too; but if a poor man find

find his ſtomach oppreſſed by eating Pears, it is but working hard, and it will do as well as drinking wine.

Pellitory of Spain.

COMMON Pellitory of Spain, if it be planted in our gardens, it will proſper very well; yet there is one ſort growing ordinarily here wild, which I eſteem to be little inferior to the other, if at all. I ſhall not deny you the deſcription of them both.

Deſcript.] Common Pellitory is a very common plant, and will not be kept in our gardens without diligent looking to. The root goes down right into the ground, bearing leaves, being long and finely cut upon the ſtalk, lying on the ground, much larger than the leaves of the camomile are. At the top it bears one ſingle large flower at a place, having a border of many leaves, white on the upper ſide, and reddiſh underneath, with a yellow thrum in the middle, not ſtanding ſo cloſe as that of camomile doth.

The other common Pellitory which groweth here, hath a root of a ſharp biting taſte, ſcarce diſcernible by the taſte from that before deſcribed, from whence ariſe divers brittle ſtalks, a yard high and more, with narrow long leaves finely dented about the edges, ſtanding one above another up to the tops. The flowers are many and white, ſtanding in tufts like thoſe of yarrow, with a ſmall, yellowiſh thrum in the middle. The ſeed is very ſmall.

Place.] The laſt groweth in fields, in the hedges ſides and paths, almoſt every where.

Time.] It flowereth at the latter end of June and July.

Government and Virtues.] It is under the government of Mercury, and I am perſuaded it is one of the beſt purgers of the brain that grows. An ounce of the juice taken in a draught of muſcadel an hour before the fit of the ague comes, it will aſſuredly drive away the ague at the ſecond or third time taking at the fartheſt. Either the herb or root dried and chewed in the mouth, purgeth the brain of phlegmatic humours; thereby not only eaſing pains in the head and teeth, but alſo hindereth the diſtilling of the brain upon the lungs and eyes, thereby preventing coughs, phthiſics and conſumptions, the apoplexy and falling ſickneſs. It is an excellent approved remedy in the lethargy. The powder of the herb

herb or root being ſnuffed up the noſtrils, procureth ſneezing, and eaſeth the head-ach; being made into an ointment with hog's greaſe, it takes away black and blue ſpots occaſioned by blows or falls, and helps both the gout and ſciatica.

Pellitory of the Wall.

Deſcript.] IT riſeth with browniſh, red, tender, weak, clear, and almoſt tranſparent ſtalks, about two feet high, upon which grow at the joints two leaves ſomewhat broad and long, of a dark green colour, which afterwards turn browniſh, ſmooth on the edges, but rough and hairy, as the ſtalks are alſo. At the joints with the leaves from the middle of the ſtalk upwards, where it ſpreadeth into branches, ſtand many ſmall, pale, purpliſh flowers, in hairy rough heads, or huſks, after which come ſmall, black, rough ſeed, which will ſtick to any cloth or garment that ſhall touch it. The root is ſomewhat long, with ſmall fibres thereat, of a dark reddiſh colour, which abideth the Winter, although the ſtalks and leaves periſh and ſpring every year.

Place.] It groweth wild generally through the land, about the borders of fields, and by the ſides of walls, and among rubbiſh. It will endure well being brought up in gardens, and planted on the ſhady ſide, where it will ſpring of its own ſowing.

Time.] It flowereth in June and July, and the ſeed is ripe ſoon after.

Government and Virtues] It is under the dominion of Mercury. The dried herb Pellitory made up into an electuary with honey, or the juice of the herb, or the decoction thereof made up with ſugar or honey, is a ſingular remedy for an old or dry cough, the ſhortneſs of breath, and wheezing in the throat. Three ounces of the juice thereof taken at a time, doth wonderfully help ſtopping of the urine, and to expel the ſtone or gravel in the kidnies or bladder, and is therefore uſually put among other herbs uſed in clyſters to mitigate pains in the back, ſides, or bowels, proceeding of wind, ſtopping of urine, the gravel or ſtone, as aforeſaid. If the bruiſed herb, ſprinkled with ſome muſcadel, be warmed upon a tile, or in a diſh upon a few quick coals in a chafing-diſh, and applied to the belly, it worketh the ſame effect.

effect. The decoction of the herb being drank, eaſeth pains of the mother, and bringeth down womens courſes; it alſo eaſeth thoſe griefs that ariſe from obſtructions of the liver, ſpleen and reins. The ſame decoction with a little honey added thereto, is good to gargle a ſore throat. The juice held awhile in the mouth, eaſeth pains in the teeth. The diſtilled water of the herb drank with ſome ſugar, worketh the ſame effects, and cleanſeth the ſkin from ſpots, freckles, purples, wheals, ſun-burn, morphew, &c. The juice dropped into the ears, eaſeth the noiſe in them, and taketh away the pricking and ſhooting pains therein: the ſame, or the diſtilled water, aſſuageth hot and ſwelling impoſthumes, burnings, and ſcaldings by fire or water; as alſo all other hot tumours and inflammations, or breakings out of heat, being bathed often with wet cloths dipped therein; the ſaid juice made into a liniment with ceruſe, and oil of roſes, and anointed therewith, cleanſeth foul rotten ulcers, and ſtayeth ſpreading or creeping ulcers, and running ſcabs or ſores in childrens heads; and helpeth to ſtay the hair from falling off the head. The ſaid ointment, or the herb applied to the fundament, openeth the piles, and eaſeth their pains; and being mixed with goats tallow, helpeth the gout: the juice is very effectual to cleanſe fiſtulas, and to heal them up ſafely; or the herb itſelf bruiſed and applied with a little ſalt. It is likewiſe alſo effectual to heal any green wound; if it be bruiſed and bound thereto for three days, you ſhall need no other medicine to heal it further. A poultice made hereof with mallows, and boiled in wine and wheat bran and bean flour, and ſome oil put thereto, and applied warm to any bruiſed ſinews, tendon, or muſcle, doth in a very ſhort time reſtore them to their ſtrength, taking away the pains of the bruiſes, and diſſolveth the congealed blood coming of blows, or fall from high places.

The juice of Pellitory of the Wall clarified and boiled in a ſyrup with honey, and a ſpoonful of it drank every morning by ſuch as are ſubject to the dropſy; if continuing that courſe, though but once a week, if ever they have the dropſy, let them come but to me, and I will cure them *gratis*.

Penny-

Pennyroyal.

PENNYROYAL is ſo well known unto all, I mean the common kind, that needeth no deſcription.

There is a greater kind than the ordinary ſort found wild with us, which ſo abideth being brought in gardens, and differeth not from it, but only in the largeneſs of the leaves and ſtalks, in riſing higher, and not creeping upon the ground ſo much. The flowers whereof are purple, growing in rundles about the ſtalks like the other.

Place.] The firſt, which is common in gardens, groweth alſo in many moiſt and watery places of this land.

The ſecond is found wild in effect in divers places by the highways from London to Colcheſter, and thereabouts, more abundantly than in any other countries, and is alſo planted in their gardens in Eſſex.

Time.] They flower in the latter end of Summer, about Auguſt.

Government and Virtues.] The herb is under Venus. Dioſcorides ſaith, that Pennyroyal maketh thin tough phlegm, warmeth the coldneſs of any part whereto it is applied, and digeſteth raw or corrupt matter; being boiled and drank, it provoketh womens courſes, and expelleth the dead child and after-birth, and ſtayeth the diſpoſition to vomit being taken in water and vinegar mingled together. And being mingled with honey and ſalt, it voideth phlegm out of the lungs, and purgeth melancholy by the ſtool. Drank with wine, it helpeth ſuch as are bitten and ſtung with venomous beaſts, and applied to the noſtrils with vinegar, reviveth thoſe that are fainting and ſwooning. Being dried and burnt, it ſtrengtheneth the gums. It is helpful to thoſe that are troubled with the gout, being applied of itſelf to the place until it was red, and applied in a plaiſter, it takes away ſpots or marks in the face, applied with ſalt, it profiteth thoſe that are ſplenetic, or liver-grown. The decoction doth help the itch, if waſhed therewith; being put into baths for women to ſit therein, it helpeth the ſwellings and hardneſs of the mother. The green herb bruiſed and put into vinegar, cleanſeth foul ulcers, and taketh away the marks or bruiſes and blows about the eyes, and all diſcolourings of the face by fire, yea, and the leproſy, being drank and outwardly applied. Boiled

in

in wine with honey and ſalt, it helpeth the tooth-ach, It helpeth the cold griefs of the joints, taking away the pains, and warmeth the cold part, being faſt bound to the place, after a bathing or ſweating in an hot houſe. Pliny addeth, that Pennyroyal and mints together, help faintings, being put into vinegar, and ſmelled unto, or put into the noſtrils or mouth. It eaſeth head-achs, pains of the breaſt and belly, and gnawing of the ſtomach; applied with honey, ſalt, and vinegar, it helpeth cramps or convulſions of the ſinews. Boiled in milk and drank, it is effectual for the cough, and for ulcers and ſores in the mouth; drank in wine it provoketh womens courſes, and expelleth the dead child and after-birth. Matthiolus ſaith, the decoction thereof being drank, helpeth the jaundice and dropſy, all pains of the head and ſinews that come of a cold cauſe, and cleareth the eye-ſight. It helpeth the lethargy, and applied with barley-meal, helpeth burnings, and put into the ears eaſeth the pains of them.

Male and Female Peony.

Deſcript.] MALE Peony riſeth up with browniſh ſtalks, whereon grow green and reddiſh leaves, upon a ſtalk without any particular diviſion in the leaf at all. The flowers ſtand at the top of the ſtalks, conſiſting of five or ſix broad leaves, of a fair purpliſh red colour, with many yellow threads in the middle ſtanding about the head, which after riſeth up to be the ſeed veſſels, divided into two, three, or four crooked pods like horns, which being full ripe, open and turn themſelves down backward, ſhewing within them divers round, black, ſhining ſeeds, having alſo many crimſon grains, intermixed with black, whereby it maketh a very pretty ſhew. The roots are great, thick, and long, ſpreading and running down deep in the ground.

The ordinary Female Peony hath as many ſtalks, and more leaves on them than the Male; the leaves not ſo large, but nicked on the edges, ſome with great and deep, others with ſmaller cuts and diviſions, of a dead green colour. The flowers are of a ſtrong heady ſcent, uſually ſmaller, and of a more purple colour than the Male, with yellow thrumbs about the head, as the Male hath. The ſeed veſſels are like horns, as in the Male, but ſmaller, the ſeed is black, but leſs ſhining. The roots

roots conſiſt of many ſhort tuberous clogs, faſtened at the end of long ſtrings, and all from the heads of the roots, which is thick and ſhort, and of the like ſcent with the Male.

Place and Time.] They grow in gardens, and flower uſually about May.

Government and Virtues.] It is an herb of the Sun, and under the Lion. Phyſicians ſay, Male Peony roots are beſt; but Dr. Reaſon told me Male Peony was beſt for men, and Female Peony for women, and he deſires to be judged by his brother Dr. Experience. The roots are held to be of more virtue than the ſeed; next the flowers, and laſt of all, the leaves. The root of the Male Peony, freſh gathered, having been found by experience to cure the falling ſickneſs; but the ſureſt way is, beſides hanging it about the neck, by which children have been cured, to take the root of the Male Peony waſhed clean, and ſtamped ſomewhat ſmall, and laid to infuſe in ſack for 24 hours at the leaſt, afterwards ſtrain it, and take it firſt and laſt morning and evening, a good draught for ſundry days together, before and after a full moon, and this will alſo cure older perſons, if the diſeaſe be not grown too old, and paſt cure, eſpecially if there be a due and orderly preparation of the body with poſſet drink made of betony, &c. The root is alſo effectual for women that are not ſufficiently cleanſed after childbirth, and ſuch as are troubled with the mother; for which likewiſe the black ſeed beaten to powder, and given in wine, is alſo available. The black ſeed alſo taken before bed-time, and in the morning, is very effectual for ſuch as in their ſleep are troubled with the diſeaſe called Ephialte, or Incubus, but we do commonly call it the Night-mare; a diſeaſe which melancholy perſons are ſubject unto; it is alſo good againſt melancholy dreams. The diſtilled water or ſyrup made of the flowers, worketh the ſame effects that the root and the ſeed do, although more weakly. The Female is often uſed for the purpoſes aforeſaid, by reaſon the Male is ſo ſcarce a plant, that it is poſſeſſed by few, and thoſe great lovers of rarities in this kind.

Pepperwort, or Dittander.

Deſcript.] OUR common Pepperwort ſendeth forth ſomewhat long and broad leaves, of a light bluiſh greeniſh colour, finely dented about the edges,

edges, and pointed at the ends, ſtanding upon round hard ſtalks, three or four feet high, ſpreading many branches on all ſides, and having many ſmall white flowers at the tops of them, after which follow ſmall ſeeds in ſmall heads. The root is ſlender, running much under ground, and ſhooting up again in many places, and both leaves and roots are very hot and ſharp of taſte, like pepper, for which cauſe it took the name.

Place.] It groweth naturally in many places of this land, as at Clare in Eſſex; alſo near unto Exeter in Devonſhire; upon Rocheſter Common in Kent; in Lancaſhire, and divers other places; but uſually kept in gardens.

Time.] It flowereth in the end of June, and in July.

Government and Virtues.] Here is another martial herb for you, make much of it. Pliny and Paulus Ægineta ſay, that Pepperwort is very ſucceſsful for the ſciatica, or any other gout or pain in the joints, or any other inveterate grief: the leaves hereof to be bruiſed, and mixed with old hog's greaſe, and applied to the place, and to continue thereon four hours in men, and two hours in women, the place being afterwards bathed with wine and oil mixed together, and then wrapt up with wool or ſkins, after they have ſweat a little. It alſo amendeth the deformities or diſcolourings of the ſkin, and helpeth to take away marks, ſcars, and ſcabs, or the foul marks of burning with fire or iron. The juice hereof is by ſome uſed to be given in ale to drink to women with child, to procure them a ſpeedy deliverance in travail.

Periwinkle.

Deſcript.] THE common ſort hereof hath many branches trailing or running upon the ground, ſhooting out ſmall fibres at the joints as it runneth, taking thereby hold in the ground, and rooteth in divers places. At the joints of theſe branches ſtand two ſmall dark green ſhining leaves, ſomewhat like bay leaves but ſmaller, and with them come forth alſo the flowers (one at a joint) ſtanding upon a tender foot-ſtalk, being ſomewhat long and hollow, parted at the brims, ſometimes into four, ſometimes into five leaves: the moſt ordinary ſorts are of a pale blue colour: ſome are pure white, and ſome of a dark reddiſh purple colour.

The

The root is little bigger than a ruſh, buſhing in the ground and creeping with his branches far about, whereby it quickly poſſeſſeth a great compaſs, and is moſt uſually planted under hedges where it may have room to run.

Place.] Thoſe with the pale blue, and thoſe with the white flowers, grow in woods and orchards, by the hedge-ſides, in divers places of this land; but thoſe with the purple flowers in gardens only.

Time.] They flower in March and April.

Government and Virtues.] Venus owns this herb, and ſaith, that the leaves eaten by man and wife together, cauſe love between them. The Periwinkle is a great binder, ſtayeth bleeding at the mouth and noſe, if ſome of the leaves be chewed. The French uſe it to ſtay women's courſes. Dioſcorides, Galen and Ægineta commended it againſt the laſks and fluxes of the belly to be drank in wine.

St. Peter's Wort.

IF Superſtition had not been the father of Tradition, as well as Ignorance the mother of Devotion, this herb, (as well as St. John's Wort) had found ſome other name to be known by; but we may ſay of our foreſathers, as St. Paul of the Athenians, *I perceive in many things you are too ſuperſtitious.* Yet ſeeing it is come to paſs, that cuſtom having got into poſſeſſion, pleads preſcription for the name, I ſhall let it paſs, and come to the deſcription of the herb, which take as followeth.

Deſcript.] It riſeth up with ſquare upright ſtalks for the moſt part, ſome greater and higher than St. John's Wort (and good reaſon too, St. Peter being the greater apoſtle, aſk the Pope elſe; for though God would have the ſaints equal, the Pope is of another opinion) but brown in the ſame manner, having two leaves at every joint, ſomewhat like, larger than St. John's Wort, a little rounder pointed, with a few or no holes to be ſeen thereon, and having ſome ſmaller leaves riſing from the boſom of the greater, and ſometimes a little hairy alſo. At the tops of two ſtalks ſtand many ſtar-like flowers, with yellow threads in the middle, very like thoſe of St. John's Wort, inſomuch that this is hardly diſcerned from it, but only by the largeneſs and height, the ſeed being alike alſo in both. The root abideth long, ſending forth new ſhoots every year.

Place.]

Place.] It groweth in many groves, and ſmall low woods, in divers places of this land, as in Kent, Huntingdon, Cambridge and Northamptonſhire; as alſo near watercourſes in other places.

Time.] It flowereth in June and July, and the ſeed is ripe in Auguſt.

Government and Virtues.] There is not a ſtraw to chooſe between this and St. John's Wort, only St. Peter muſt have it, leſt he ſhould want pot herbs; it is of the ſame property of St. John's Wort, but ſomewhat weak, and therefore more ſeldom uſed. Two drams of the ſeed taken at a time in honied water, purgeth coleric humours (as ſaith Dioſcorides, Pliny and Galen) and therefore helpeth thoſe that are troubled with the ſciatica. The leaves are uſed as St. John's Wort, to help thoſe places of the body that have been burnt with fire.

Pimpernel.

Deſcript.] COMMON Pimpernel hath divers weak ſquare ſtalks lying on the ground, beſet all with two ſmall and almoſt round leaves at every joint, one againſt another, very like chickweed, but hath no foot ſtalks; for the leaves, as it were, compaſs the ſtalk, the flowers ſtand ſingly each by themſelves at them and the ſtalk, conſiſting of five ſmall round-pointed leaves, of a pale red colour, tending to an orange, with ſo many threads in the middle, in whoſe places ſucceed ſmooth round heads, wherein is contained ſmall ſeed. The root is ſmall and fibrous, periſhing every year.

Place.] It groweth every where almoſt, as well in the meadows and corn-fields, as by the way-ſides and in gardens, ariſing of itſelf.

Time.] It flowereth from May until April, and the ſeed ripeneth in the mean time and falleth.

Government and Virtues.] It is a gallant ſolar herb, of a cleanſing attractive quality, whereby it draweth forth thorns or ſplinters, or other ſuch like things gotten into the fleſh, and put up into the noſtrils, purgeth the head; and Galen ſaith alſo, they have a drying faculty, whereby they are good to ſolder the lips of wounds, and to cleanſe foul ulcers. The diſtilled water or juice is much eſteemed by French dames to cleanſe the ſkin from any roughneſs, deformity, or diſcolouring thereof; being boiled

boiled in wine, and given to drink, it is a good remedy againſt the plague, and other peſtilential fevers, if the party after taking it be warm in his bed, and ſweat for two hours after, and uſe the ſame for twice at leaſt. It helpeth alſo all ſtingings and bitings of venomous beaſts, or mad dogs, being uſed inwardly and applied outwardly. The ſame alſo openeth obſtructions of the liver, and is very available againſt the infirmities of the reins; it provoketh urine and helpeth to expel the ſtone and gravel out of the kidnies and bladder, and helpeth much in all inward pains and ulcers. The decoction or diſtilled water is no leſs effectual to be applied to all wounds that are freſh and green, or old, filthy, fretting and running ulcers, which it very effectually cureth in a ſhort ſpace. A little mixed with the juice, and dropped into the eyes, cleanſeth them from cloudy miſts, or thick films which grow over them, and hinder the ſight. It helpeth the tooth-ach, being dropped into the ear on the contrary ſide of the pain; it is alſo effectual to eaſe the pains of the hæmorrhoids or piles.

Ground Pine, or Chamepitys.

Deſcript.] OUR common Ground Pine groweth low, ſeldom riſing above a hand's breadth high, ſhooting forth divers ſmall branches ſet with ſlender, ſmall, long, narrow, greyiſh or whitiſh leaves, ſomewhat hairy, divided into three parts, many buſhing together at a joint, ſome growing ſcatteringly upon the ſtalks, ſmelling ſomewhat ſtrong, like unto roſin; the flowers are ſmall and of a pale yellow colour, growing from the joint of the ſtalk all along among the leaves; after which come ſmall and round huſks. The root is ſmall and woody, periſhing every year.

Place.] It groweth more plentifully in Kent than any county of this land; as namely, many places on this ſide Dartford, along to Southfleet, Chatham, and Rocheſter, and upon Chatham Down, hard by the Beacon, and half a mile from Rocheſter, in a field nigh a houſe called Seleſys.

Time.] It flowereth and giveth ſeed in the Summer.

Government and Virtues.] Mars owns the herb. The decoction of Ground Pine drank, doth wonderfully prevail againſt the ſtrangury, or any inward pains ariſing

from the diseases of the reins and urine, and is special good for all obstructions of the liver and spleen, and gently openeth the body; for which purpose they were wont in former times to make pills with the powder thereof and the pulp of figs. It marvellously helpeth all the diseases of the mother, inwardly or outwardly applied, procuring women's courses, and expelling the dead child and after-birth; yea, it is so powerful upon these feminine parts, that it is utterly forbidden for women with child, for it will cause abortion or delivery before the time. The decoction of the herb in wine taken inwardly, or applied outwardly, or both, for some time together, is also effectual in all pains and diseases of the joints, as gouts, cramps, palsies, sciatica and achs; for which purpose the pills made with powder of Ground Pine, and of hermodactyls with Venice turpentine are effectual. The pills also continued for some time, are special good for those that have the dropsy, jaundice, griping pains of the joints, belly or inward parts. It helpeth also all diseases of the brain, proceeding of cold and phlegmatic humours and distillations, as also for the falling sickness. It is a special remedy for the poison of the aconites, and other poisonful herbs, as also against the stinging of any venomous creature. It is a good remedy for a cold cough, especially in the beginning. For all the purposes aforesaid the herb being tunned up in new drink and drank, is almost as effectual, but far more acceptable to weak and dainty stomachs. The distilled water of the herb hath the same effects, but more weakly. The conserve of the flowers doth the like, which Matthiolus much commendeth against the palsy. The green herb, or the decoction thereof, being applied, dissolveth the hardness of womens breasts, and all other hard swellings in any other part of the body. The green herb also applied, or the juice thereof with some honey, not only cleanseth putrid, stinking, foul, and malignant ulcers and sores of all sorts, but healeth and soldereth up the lips of green wounds in any part also. Let women forbear if they be with child, for it works violently upon the feminine part.

Plantain.

THIS groweth usually in meadows and fields, and by path-sides, and is so well known that it needeth no description. *Time.*]

Time.] It is in beauty about June, and the ſeed ripeneth ſhortly after.

Government and Virtues.] It is true, Mizaldus and others, yea, almoſt all aſtrology phyſicians, hold this to be an herb of Mars, becauſe it cureth the diſeaſes of the head and privities, which are under the houſes of Mars, Aries, and Scorpio; the truth is, it is under the command of Venus, and cures the head by antipathy to Mars, and the privities, by ſympathy to Venus; neither is there hardly a martial diſeaſe but it cures.

The juice of Plantain clarified and drank for divers days together, either of itſelf, or in other drink, prevaileth wonderfully againſt all torments or excoriation in the guts or bowels, helpeth the diſtillations of rheum from the head, and ſtayeth all manner of fluxes, even women's courſes, when they flow too abundantly. It is good to ſtay ſpitting of blood and other bleedings at the mouth, or the making of foul and bloody water, by reaſon of any ulcer in the reins or bladder, and alſo ſtayeth the too free bleeding of wounds. It is held an eſpecial remedy for thoſe that are troubled with the phthiſic, or conſumption of the lungs, or ulcers of the lungs, or coughs that come of heat. The decoction or powder of the roots or ſeeds is much more binding for all the purpoſes aforeſaid than the leaves. Dioſcorides ſaith, that three roots boiled in wine and taken, helpeth the tertian ague, and for the quartan ague, (but letting the number paſs as fabulous) I conceive the decoction of divers roots may be effectual. The herb (but eſpecially the ſeed) is held to be profitable againſt the dropſy, the falling ſickneſs, the yellow jaundice, and ſtoppings of the liver and reins. The roots of Plantain, and Pellitory of Spain, beaten into powder and put into the hollow teeth, taketh away the pains of them. The clarified juice, or diſtilled water, dropped into the eyes, cooleth the inflammations in them, and taketh away the pin and web; and dropped into the ears, eaſeth the pain in them, and helpeth and removeth the heat. The ſame alſo with the juice of houſeleek is profitable againſt all inflammations and breakings out of the ſkin, and againſt burnings and ſcaldings by fire and water. The juice or decoction made either of itſelf, or other things of the like nature, is of much uſe and good effect for old and hollow ulcers that are hard to be cured, and for cankers and ſores in the mouth or privy parts of man or

woman; and helpeth alſo the pains of the piles in the fundament. The juice mixed with oil of roſes, and the temples and forehead anointed therewith, eaſeth the pains of the head proceeding from heat, and helpeth lunatic and frantic perſons very much; as alſo the biting of ſerpents, or a mad dog. The ſame alſo is profitably applied to all hot gouts in the feet or hands, eſpecially in the beginning. It is alſo good to be applied where any bone is out of joint, to hinder inflammations, ſwellings and pains that preſently riſe thereupon. The powder of the dried leaves taken in drink, killeth worms of the belly; and boiled in wine killeth worms that breed in old and foul ulcers. One part of Plantain water, and two parts of the brine of powdered beef, boiled together and clarified, is a moſt ſure remedy to heal all ſpreading ſcabs or itch in the head and body, all manner of tetters, ringworms, the ſhingles, and all other running and fretting ſores. Briefly, the Plantains are ſingular good wound herbs to heal freſh or old wounds or ſores, either inward or outward.

Plums.

ARE ſo well known, that they need no deſcription. *Government and Virtues.*] All Plums are under Venus, and are like women, ſome better and ſome worſe. As there is great diverſity of kinds, ſo there is in the operation of Plums, for ſome that are ſweet moiſten the ſtomach and make the belly ſoluble; thoſe that are ſour, quench thirſt more and bind the belly; the moiſt and wateriſh do ſooner corrupt in the ſtomach, but the firm do nouriſh more, and offend leſs. The dried fruit ſold by the grocers under the name of Damaſk Prunes, do ſomewhat looſen the belly, and being ſtewed, are often uſed, both in health and ſickneſs, to reliſh the mouth and ſtomach, to procure appetite, and a little to open the body, allay choler, and cool the ſtomach. Plum-tree leaves boiled in wine, are good to waſh and gargle the mouth and throat, to dry the flux of rheum coming to the palate, gums or almonds of the ears. The gum of the tree is good to break the ſtone. The gum or leaves boiled in vinegar and applied, kills tetters and ringworms. Matthiolus ſaith, the oil preſſed out of the kernels of the ſtones, as oil of almonds is made, is good againſt

againſt the inflamed piles, and tumours or ſwellings of ulcers, hoarſeneſs of the voice, roughneſs of the tongue and throat, and the pains in the ears. And that five ounces of the ſaid oil taken with one ounce of muſcadel, driveth forth the ſtone, and helpeth the colic.

Polypody of the Oak.

Deſcript.] THIS is a ſmall herb conſiſting of nothing but roots and leaves, bearing neither ſtalk, flower, nor ſeed, as it is thought. It hath three or four leaves riſing from the root, every one ſingle by itſelf, of about a hand length, are winged, conſiſting of many ſmall narrow leaves, cut into the middle rib, ſtanding on each ſide of the ſtalk, large below and ſmaller up to the top, not dented nor notched at the edges at all, as the male fern hath, of a ſad green colour, and ſmooth on the upper ſide, but on the other ſide ſomewhat rough by reaſon of ſome yellowiſh ſpots ſet thereon. The root is ſmaller than one's little finger, lying aſlope, or creeping along under the upper cruſt of the earth, browniſh on the outſide and greeniſh within, of a ſweetiſh harſhneſs in taſte, ſet with certain rough knags on each ſide thereof, having alſo much moſſineſs or yellow hairineſs upon it, and ſome fibres underneath it, whereby it is nouriſhed.

Place.] It groweth as well upon old rotten ſtumps, or trunks of trees, as oak, beech, hazel, willow, or any other, as in the woods under them, and upon old mud walls, as alſo in moſſy, ſtoney, and gravelly places near unto wood. That which groweth upon oak is accounted the beſt; but the quantity thereof is ſcarce ſufficient for the common uſe.

Time.] It being always green, may be gathered for uſe at any time.

Government and Virtues.] And why, I pray, muſt Polypodium of the Oak only be uſed, gentle college of phyſicians? Can you give me but a glimpſe of reaſon for it? It is only becauſe it is deareſt. Will you never leave your covetouſneſs till your lives leave you? The truth is, that which grows upon the earth is beſt ('tis an herb of Saturn, and he ſeldom climbs trees) to purge melancholy; if the humour be otherwiſe, chuſe your Polypodium accordingly. Meuſe (who is called the phyſicians evangeliſt for the certainty of his medicines, and the

truth of his opinion) ſaith, that it drieth up thin humours, digeſteth thick and tough, and purgeth burnt choler, and eſpecially tough and thick phlegm, and thin phlegm alſo, even from the joints, and therefore good for thoſe that are troubled with melancholy, or quartan agues, eſpecially if it be taken in whey, or honied water, or in barley water, or the broth of a chicken with epithymum, or with beets and mallows. It is good for the hardneſs of the ſpleen, and for prickings or ſtitches in the ſides, as alſo for the colic; ſome uſe to put to it ſome fennel ſeeds, or anniſe ſeeds, or ginger, to correct that loathing it bringeth to the ſtomach, which is more than needeth, it being a ſafe and gentle medicine, fit for all perſons, which daily experience confirmeth; and an ounce of it may be given at a time in a decoction, if there be not ſena, or ſome other ſtrong purger with it. A dram or two of the powder of the dried roots taken faſting in a cup of honied water, worketh gently, and for the purpoſes aforeſaid. The diſtilled water both of roots and leaves, is much more commended for the quartan ague, to be taken for many days together, as alſo againſt melancholy, or fearful and troubleſome ſleeps or dreams; and with ſome ſugar-candy diſſolved therein, is good againſt the cough, ſhortneſs of breath, wheezings, and thoſe diſtillations of thin rheum upon the lungs, which cauſe phthiſics and oftentimes conſumptions. The freſh roots beaten ſmall, or the powder of the dried roots mixed with honey, and applied to the member that is out of joint, doth much help it; and applied to the noſe, cureth the diſeaſe called Polypus, which is a piece of fleſh growing therein, which in time ſtoppeth the paſſage of breath through that noſtril; and it helpeth thoſe cleſts or chops that come between the fingers or toes.

The Poplar Tree.

THERE are two ſorts of Poplars, which are moſt familiar with us, viz. Black and White, both which I ſhall here deſcribe unto you.

Deſcript.] The white Poplar groweth great, and reaſonably high, covered with thick, ſmooth, white bark, eſpecially the branches, having long leaves cut into diviſions almoſt like a vine leaf, but not of ſo deep a green on the upper ſide, and hoary white underneath,

of

of a reaſonable good ſcent, the whole form repreſenting the form of coltsfoot. The catkins which it bringeth forth before the leaves, are long and of a faint reddiſh colour, which fall away, bearing ſeldom good ſeed with them. The wood hereof is ſmooth, ſoft and white, very finely waved, whereby it is much eſteemed.

The Black Poplar groweth higher and ſtraighter than the White, with a greyiſh bark, bearing broad green leaves, ſomewhat like ivy leaves, not cut in on the edges like the White, but whole and dented, ending in a point, and not white underneath, hanging by ſlender long footſtalks, which with the air are continually ſhaken like as the aſpen leaves are. The catkins hereof are greater than thoſe of the White, compoſed of many round green berries, as if they were ſet together in a long cluſter, containing much downy matter, which being ripe is blown away with the wind. The clammy buds hereof, before they ſpread into leaves, are gathered to make Unguentum Populneum, and are of a yellowiſh green colour, and ſmall, ſomewhat ſweet, but ſtrong. The wood is ſmooth, tough and white, and eaſy to be cloven. On both theſe trees groweth a ſweet kind of muſk, which in former times was uſed to put into ſweet ointments.

Place.] They grow in moiſt woods, and by water ſides in ſundry places of this land; yet the white is not ſo frequent as the other.

Time.] Their time is alſo expreſſed before. The catkins coming forth before the leaves in the end of the Summer.

Government and Virtues.] Saturn hath dominion over both. White Poplar, ſaith Galen, is of a cleanſing property; the weight of one ounce in powder of the bark thereof being drank, ſaith Dioſcorides, is a remedy for thoſe that are troubled with the ſciatica, or the ſtrangury. The juice of the leaves dropped warm into the ears, eaſeth the pains in them. The young clammy buds, or eyes before they break out into leaves, bruiſed and a little honey put to them, is a good medicine for a dull ſight. The Black Poplar is held to be more cooling than the White, and therefore the leaves bruiſed with vinegar and applied, help the gout. The ſeed drank in vinegar is held good againſt the falling ſickneſs. The water that droppeth from the hollow places of this tree, taketh away warts, puſhes, wheals, and other the like breakings out of the body. The young Black Poplar buds,

ſaith Matthiolus, are much uſed by women to beautify their hair, bruiſing them with freſh butter, ſtraining them after they have been kept for ſome time in the ſun. The ointment called Populneum, which is made of this Poplar, is ſingular good for all heat and inflammations in any part of the body, and tempereth the heat of wounds. It is much uſed to dry up the milk of womens breaſts, when they have weaned their children.

Poppy.

OF this I ſhall deſcribe three kinds, *viz.* the White and Black of the garden, and the Erratic Wild Poppy, or Corn Roſe.

Deſcript.] The White Poppy hath at firſt four or five whitiſh green leaves lying upon the ground, which riſe with the ſtalk, compaſſing it at the bottom of them, and are very large, much cut or torn on the edges, and dented alſo beſides; the ſtalk which is uſually four or five feet high, hath ſometimes no branches at the top, and uſually but two or three at moſt, bearing every one but one head wrapped up in a thin ſkin, which boweth down before it is ready to blow, and then riſing and being broken, the flower within it ſpreading itſelf open, and conſiſting of four very large, white round leaves, with many whitiſh round threads in the middle, ſet about a ſmall, round green head, having a crown or ſtar-like cover at the end thereof, which growing ripe becomes as large as a great apple, wherein are contained a great number of ſmall round ſeeds, in ſeveral partitions or diviſions next unto the ſhell, the middle thereof remaining hollow and empty. The whole plant, both leaves, ſtalks and heads, while they are freſh, young and green, yield a milk when they are broken, of an unpleaſant bitter taſte, almoſt ready to provoke caſting, and of a ſtrong heady ſmell, which being condenſate is called Opium. The root is white and woody, periſhing as ſoon as it hath given ripe ſeed.

The Black Poppy little differeth from the former, until it beareth its flower, which is ſomewhat leſs, and of a black purpliſh colour, but without any purple ſpots in the bottom of the leaf. The head of the ſeed is much leſs than the former, and openeth itſelf a little round about the top, under the crown, ſo that the ſeed which is very black will fall out, if one turn the head thereof downward.

The

The wild Poppy, or Corn Roſe hath long and narrow leaves, very much cut in on the edges into many diviſions, of a light green colour, ſometimes hairy withal; the ſtalk is blackiſh and hairy alſo, but not ſo tall as the garden kind, having ſome ſuch like leaves thereon to grow below, parted into three or four branches ſometimes, whereon grow ſmall hairy heads bowing down before the ſkin break, wherein the flower is, which when it is full blown open is of a fair yellowiſh red or crimſon colour, in ſome much paler, without any ſpot in the bottom of the leaves, having many black ſoft threads in the middle, compaſſing a ſmall green head, which when it is ripe, is not bigger than one's little finger's end, wherein is contained much black ſeed ſmaller by half than that of the garden. The root periſheth every year, and ſpringeth again of its own ſowing. Of this kind there is one leſſer in all the parts thereof, and differeth in nothing elſe.

Place.] The garden kinds do not naturally grow wild in any place, but are ſown in gardens where they grow.

The Wild Poppy, or Corn Roſe, is plentiful enough, and many times too much in the corn fields of all counties through this land, and alſo upon ditch banks, and by hedge ſides. The ſmaller wild kind is alſo found in corn fields, and alſo in ſome other places, but not ſo plentifully as the former.

Time.] The garden kinds are uſually ſown in the Spring, which then flower about the end of May, and ſomewhat earlier, if they ſpring of their own ſowing.

The Wild kind flower uſually from May until July, and the ſeed of them is ripe ſoon after the flowering.

Government and Virtues.] The herb is Lunar, and of the juice of it is made opium; only for lucre of money they cheat you, and tell you it is a kind of tear, or ſome ſuch like thing, that drops from poppies when they weep, and that is ſomewhere beyond the ſeas, I know not where beyond the Moon. The garden poppy heads with ſeeds made into ſyrup, is frequently and to good effect uſed to procure reſt and ſleep, in the ſick and weak, and to ſtay catarrhs and defluxions of thin rheums from the head into the ſtomach and lungs, cauſing a continual cough, the forerunner of a conſumption; it helpeth alſo hoarſeneſs of the throat, and when one hath loſt their voice, which the ſeed doth likewiſe. The black ſeed boiled in wine, and drank, is ſaid alſo to ſtay the

flux of the belly, and womens courſes. The empty ſhells or poppy heads, are uſually boiled in water, and given to procure reſt and ſleep; ſo do the leaves in the ſame manner; as alſo if the head and temples be bathed with the decoction warm, or with the oil of poppies, the green leaves or heads bruiſed, and applied with a little vinegar, or made into a poultice with barley meal, or hog's greaſe, cooleth and tempereth all inflammations, as alſo the diſeaſe called St. Anthony's fire. It is generally uſed in treacle and mithridate, and in all other medicines that are made to procure reſt and ſleep and to eaſe pains in the head as well as in other parts. It is alſo uſed to cool inflammations, agues, or frenzies, or to ſtay defluctions which cauſe a cough, or conſumption, and alſo other fluxes of the belly, or women's courſes; it is alſo put into hollow teeth to eaſe the pain, and hath been found by experience to eaſe the pains of the gout.

The Wild Poppy, or Corn Roſe (as Matthiolus ſaith) is good to prevent the falling ſickneſs. The ſyrup made with the flower, is with good effect given to thoſe that have the pleuriſy: and the dried flowers alſo, either boiled in water, or made into powder and drank, either in the diſtilled water of them, or ſome other drink, worketh the like effect. The diſtilled water of the flowers is held to be of much good uſe againſt ſurfeits, being drank evening and morning; it is alſo more cooling than any of the other poppies, and therefore cannot but be as effectual in hot agues, frenzies, and other inflammations either inward or outward. Galen ſaith, the ſeed is dangerous to be uſed inwardly.

Purſlaine.

GARDEN Purſlaine (being uſed as a ſallad herb) is ſo well known that it needeth no deſcription; I ſhall therefore only ſpeak of its virtues as followeth.

Government and Virtues.] 'Tis an herb of the Moon. It is good to cool any heat in the liver, blood, reins, and ſtomach, and in hot agues nothing better; it ſtayeth hot and choleric fluxes of the belly, womens courſes, the whites, and gonorrhœa, or running of the reins, the diſtillation from the head, and pains therein proceeding from heat, want of ſleep, or the frenzy. The ſeed is more effectual than the herb, and is of ſingular good uſe

to

to cool the heat and ſharpneſs of urine, and the outrageous luſt of the body, venereous dreams, and the like; inſomuch that the over frequent uſe hereof extinguiſheth the heat and virtue of natural procreation. The ſeed bruiſed and boiled in wine, and given to children, expelleth the worms. The juice of the herb is held effectual to all the purpoſes aforeſaid; as alſo to ſtay vomitings, and taken with ſome ſugar or honey, helpeth an old dry cough, ſhortneſs of breath, and the phthiſick, and ſtayeth immoderate thirſt. The diſtilled water of the herb is uſed by many (as the more pleaſing) with a little ſugar to work the ſame effects. The juice alſo is ſingular good in the inflammations and ulcers in the ſecret parts of man or woman, as alſo the bowels and hæmorrhoids, when they are ulcerous, or excoriations in them. The herb bruiſed and applied to the forehead and temples, allays exceſſive heat therein, that hinders reſt and ſleep, and applied to the eyes, taketh away the redneſs and inflammations in them, and thoſe other parts where puſhes, wheals, pimples, St. Anthony's fire, and the like, break forth; if a little vinegar be put to it, and laid to the neck, with as much of galls and linſeed together, it taketh away the pains therein, and the crick in the neck. The juice is uſed with oil of roſes for the ſame cauſes, or for blaſting by lightning and burnings by gunpowder, or for womens ſore breaſts, and to allay the heat in all other ſores or hurts; applied alſo to the navels of children that ſtick forth, it helpeth them; it is alſo good for ſore mouths and gums that are ſwollen, and to faſten looſe teeth. Camerarius ſaith, that the diſtilled water took away the pains in the teeth, when all other remedies failed, and the thickened juice made into pills with the powder of gum tragacanth and arabick, being taken, prevaileth much to help thoſe that make bloody water. Applied to the gout, it eaſeth pains thereof, and helpeth the hardneſs of the ſinews, if it come not of the cramp, or a cold cauſe.

Primroſes.

THEY are ſo well known, that they need no deſcription. Of the leaves of Primroſes is made a fine ſalve to heal wounds as any I know; you ſhall be taught to

make ſalves of any herb at the latter end of the book; make this as you are taught there, and do not (you that have ingenuity in you) ſee your poor neighbours go with wounded limbs when a halfpenny coſt will heal them.

Privet.

Deſcript.] OUR common Privet is carried up with many ſlender branches to a reaſonable height and breadth, to cover arbours, bowers and banquetting houſes, and brought, wrought, and cut into ſo many forms of men, horſes, birds, &c. which though at firſt ſupported, groweth afterwards ſtrong of itſelf. It beareth long and narrow green leaves by couples, and ſweet ſmelling white flowers in tufts at the end of the branches, which turn into ſmall black berries that have a purpliſh juice with them, and ſome ſeeds that are flat on the one ſide, with a hole or dent therein.

Place.] It groweth on this land, in divers woods.

Time.] Our Privet flowereth in June and July, the berries are ripe in Auguſt and September.

Government and Virtues] The Moon is lady of this. It is little uſed in phyſic with us in theſe times, more than in lotions to waſh ſores and ſore mouths, and to cool inflammations, and dry up fluxes. Yet Matthiolus ſaith, it ſerveth to all the uſes for the which cypreſs, or the Eaſt Privet, is appointed by Dioſcorides and Galen. He farther ſaith, that the oil that is made of the flowers of Privet infuſed therein, and ſet in the ſun, is ſingular good for the inflammations of wounds and for the head ach coming of a hot cauſe. There is a ſweet water alſo diſtilled from the flowers, that is good for all thoſe diſeaſes that need cooling or drying, and therefore helpeth all fluxes of the belly and ſtomach, bloody fluxes and women's courſes, being either drank or applied; as all thoſe that void blood at the mouth, or any other place, and for diſtillations of rheum in the eyes, eſpecially if it be uſed with tutia.

Queen of the Meadows, Meadow Sweet, or Mead Sweet.

Deſcript.] THE ſtalks of this are reddiſh, riſing to be three feet high, ſometimes 4 or 5 feet, having at the joints thereof large winged leaves, ſtanding one

one above another at diſtances, conſiſting of many and ſomewhat broad leaves, ſet on each ſide of a middle rib, being hard, rough, or rugged, crumpled much like unto elm leaves, having alſo ſome ſmaller leaves with them, (as agrimony hath) ſomewhat deeply dented about the edges, of a ſad green colour on the upper ſide, and greyiſh underneath, of a pretty ſharp ſcent and taſte, ſomewhat like unto the burnet, and a leaf hereof put into a cup of claret wine, giveth alſo a fine reliſh to it. At the tops of the ſtalks and branches ſtand many tufts of ſmall white flowers thruſt thick together, which ſmell much ſweeter than the leaves; and in their places, being fallen, ſome crooked and cornered ſeed. The root is ſomewhat woody, and blackiſh on the outſide, and browniſh within, with divers great ſtrings, and leſſer fibres ſet thereat, of a ſtrong ſcent, but nothing ſo pleaſant as the flowers and leaves, and periſheth not, but abideth many years, ſhooting forth anew every Spring.

Place.] It groweth in moiſt meadows that lie much wet, or near the courſes of water.

Time.] It flowereth in ſome places or other all the three Summer months, that is, June, July, and Auguſt, and the ſeed is ripe ſoon after.

Government and Virtues.] Venus claims dominion over the herb. It is uſed to ſtay all manner of bleedings, fluxes, vomitings, and womens courſes, as alſo their whites. It is to alter and take away the fits of the quartan agues, and to make a merry heart, for which purpoſe ſome uſe the flowers, and ſome the leaves. It helpeth ſpeedily thoſe that are troubled with the cholic; being boiled in wine, and with a little honey taken warm, it openeth the belly, but boiled in red wine, and drank, it ſtayeth the flux of the belly. Outwardly applied it helpeth old ulcers that are cancerous, or hollow and fiſtulous, for which it is by many much commended, as alſo for the ſores in the mouth, or ſecret parts. The leaves when they are full grown, being laid on the ſkin, will, in a ſhort time, raiſe bliſters thereon, as Tragus ſaith. The water thereof helpeth the heat and inflammation in the eyes.

The Quince-Tree.

Deſcript.] THE ordinary Quince-Tree groweth often to the height and bigneſs of a reasonable apple-

apple-tree, but more uſually lower, and crooked, with a rough bark, ſpreading arms and branches far abroad. The leaves are ſomewhat like thoſe of the apple-tree, but thicker, broader, and fuller of veins, and whiter on the other ſide, not dented at all about the edges. The flowers are large and white, ſometimes daſhed over with a bluſh. The fruit that followeth is yellow, being near ripe, and covered with a white freze, or cotton; thick ſet on the younger, and growing leſs as they grow to be thorough ripe, bunched out oftentimes in ſome places, ſome being like an apple, and ſome like a pear, of a ſtrong heady ſcent, and not durable to keep, and is ſour, harſh, and of an unpleaſant taſte to eat freſh; but being ſcalded, roaſted, baked, or preſerved, becometh more pleaſant.

Place and Time.] It beſt likes to grow near ponds and water-ſides, and is frequent through this land, and flowereth not until the leaves be come forth. The fruit is ripe in September or October.

Government and Virtues.] Old Saturn owns the tree. Quinces when they are green, help all ſorts of fluxes in men or women, and choleric laſks, caſting, and whatever needeth aſtriction, more than any way prepared by fire; yet the ſyrup of the juice, or the conſerve, are much conducible, much of the binding quality being conſumed by the fire; if a little vinegar be added, it ſtirreth up the languiſhing appetite, and the ſtomach given to caſting; ſome ſpices being added, comforteth and ſtrengtheneth the decaying and fainting ſpirits, and helpeth the liver oppreſſed, that it cannot perfect the digeſtion, or correcteth choler and phlegm. If you would have them purging, put honey to them inſtead of ſugar; and if more laxative, for choler, rhubarb; for phlegm, turbith; for watery humours, ſcammony; but if more forcibly to bind, uſe the unripe Quinces, with roſes and acacia, hypociſtis, and ſome torrified rhubard. To take the crude juice of Quinces, is held a preſervative againſt the force of deadly poiſon; for it hath been found moſt certainly true, that the very ſmell of a Quince hath taken away all the ſtrength of the poiſon of white hellibore. If there be need of any outwardly binding and cooling of hot fluxes, the oil of Quinces, or other medicines that may be made thereof, are very available to anoint the belly or other parts therewith; it likewiſe ſtrengtheneth the ſtomach and belly,

belly, and the ſinews that are looſened by ſharp humours falling on them, and reſtraineth immoderate ſweatings. The mucilage taken from the ſeeds of Quinces, and boiled in a little water, is very good to cool the heat, and heal the ſore breaſts of women. The ſame with a little ſugar, is good to lenify the harſhneſs and hoarſeneſs of the throat, and roughneſs of the tongue. The cotton or down of Quinces boiled and applied to plague ſores, healeth them up; and laid as a plaiſter, made up with wax, it bringeth hair to them that are bald, and keepeth it from falling, if it be ready to ſhed.

Raddiſh, or Horſe-Raddiſh.

THE garden Raddiſh is ſo well known, that it needeth no deſcription.

Deſcript.] The Horſe-Raddiſh hath its firſt leaves that riſe before Winter, about a foot and a half long, very much cut in or torn on the edges into many parts, of a dark green colour, with a greater rib in the middle; after theſe have been up a while, others follow, which are greater, rougher, broader and longer, whole and not divided at firſt, but only ſomewhat rougher dented about the edges; the ſtalks when it beareth flowers (which is ſeldom) are great, riſing up with ſome few leſſer leaves thereon, to three or four feet high, ſpreading at the top many ſmall branches of whitiſh flowers, made of four leaves a-piece; after which come ſmall pods, like thoſe of ſhepherd's purſe, but ſeldom with any ſeed in them. The root is great, long, white and rugged, ſhooting up divers heads of leaves, which may be parted for increaſe, but it doth not creep in the ground, nor run above ground, and is of a ſtrong, ſharp, and bitter taſte, almoſt like muſtard.

Place.] It is found wild in ſome places, but is chiefly planted in gardens, and joyeth in moiſt and ſhady places.

Time.] It ſeldom flowereth, but when it doth, it is in July.

Government and Virtues.] They are both under Mars. The juice of the Horſe-Raddiſh given to drink, is held to be very effectual for the ſcurvy. It killeth the worms in children, being drank, and alſo laid upon the belly. The root bruiſed and laid to the place grieved with the ſciatica, joint-ach, or the hard ſwellings of the liver and ſpleen, doth wonderfully help them all. The diſtilled water

water of the herb and root is more familiar to be taken with a little ſugar for all the purpoſes aforeſaid.

Garden Raddiſhes are in wantonneſs by the gentry eaten as a ſallad, but they breed ſcurvy humours in the ſtomach, and corrupt the blood, and then ſend for a phyſician as faſt as you can; this is one cauſe makes the owners of ſuch nice palates ſo unhealthful; yet for ſuch as are troubled with the gravel, ſtone, or ſtoppage of urine, they are good phyſic, if the body be ſtrong that takes them: you may make the juice of the roots into a ſyrup if you pleaſe, for that uſe. They purge by urine exceedingly.

Ragwort.

IT is called alſo St. James's-wort, and Stagger-wort, and Stammer-wort, and Segrum.

Deſcript.] The greater common Ragwort hath many large and long, dark green leaves lying on the ground, very much rent and torn on the ſides in many places; from among which riſe up ſometimes but one, and ſometimes two or three ſquare or creſted blackiſh or browniſh ſtalks, three or four feet high, ſometimes branched, bearing divers ſuch-like leaves upon them, at ſeveral diſtances unto the top, where it branches forth into many ſtalks bearing yellow flowers, conſiſting of divers leaves, ſet as a pale or border, with a dark yellow thrum in the middle, which do abide a great while, but at laſt are turned into down, and with the ſmall blackiſh grey ſeed, are carried away with the wind. The root is made of many fibres, whereby it is firmly faſtened into the ground, and abideth many years.

There is another ſort thereof different from the former only in this, that it riſeth not ſo high, the leaves are not ſo finely jagged, nor of ſo dark a green colour, but rather ſomewhat whitiſh, ſoft and wooly, and the flowers uſually paler.

Place.] They grow both of them wild in paſtures, and untilled grounds in many places, and oftentimes both in one field.

Time.] They flower in June and July, and the ſeed is ripe in Auguſt.

Government and Virtues.] Ragwort is under the command of Dame Venus, and cleanſeth, digeſteth, and diſcuſſeth. The decoction of the herb is good to waſh the mouth or throat that hath ulcers or ſores therein; and for

for ſwellings, hardneſs, or impoſthumations, for it thoroughly cleanſeth and healeth them; as alſo the quinſy, and the king's-evil. It helpeth to ſtay catarrhs, thin rheums, and defluctions from the head into the eyes, noſe, or lungs. The juice is found by experience to be ſingular good to heal green wounds, and to cleanſe and heal all old and filthy ulcers in the privities, and in other parts of the body, as alſo inward wounds and ulcers; ſtayeth the malignity of fretting and running cankers, and hollow fiſtulas, not ſuffering them to ſpread farther. It is alſo much commended to help achs and pains either in the fleſhy part, or in the nerves and ſinews; as alſo the ſciatica, or pain of the hips or huckle-bone, to bathe the places with the decoction of the herb, or to anoint them with an ointment made of the herb, bruiſed and boiled in old hog's ſuet, with ſome maſtic and olibanum in powder added unto it after it is ſtrained forth. In Suſſex we call it Ragweed.

Rattle Graſs.

OF this there are two kinds which I ſhall ſpeak of, *viz.* the red and yellow.

Deſcript.] The common Red Rattle hath ſundry reddiſh, hollow ſtalks, and ſometimes green, riſing from the root, lying for the moſt part on the ground, ſome growing more upright, with many ſmall reddiſh or green leaves ſet on both ſides of a middle rib, finely dented about the edges: the flowers ſtand at the tops of the ſtalks and branches, of a fine purpliſh red colour, like ſmall gaping hooks, after which come blackiſh ſeed in ſmall huſks, which lying looſe therein, will rattle with ſhaking. The root conſiſts of two or three ſmall whitiſh ſtrings with ſome fibres thereat.

The common Yellow Rattle hath ſeldom above one round great ſtalk, riſing from the foot about half a yard, or two feet high, and but few branches thereon, having two long and ſomewhat broad leaves ſet at a joint, deeply cut in on the edges, reſembling the comb of a cock, broadeſt next to the ſtalk, and ſmaller to the end. The flowers grow at the tops of the ſtalks, with ſome ſhorter leaves with them, hooded after the ſame manner that the others are, but of a fair yellow colour, or in ſome paler, and in ſome more white. The ſeed is contained in large huſks, and being ripe, will rattle or make a noiſe with lying looſe in them. The root is ſmall and ſlender, periſhing every year. *Place.*]

Place.] They grow in meadows and woods generally through this land.

Time.] They are in flower from Midſummer until Auguſt be paſt, ſometimes.

Government and Virtues.] They are both of them under the dominion of the Moon. The Red Rattle is accounted profitable to heal up fiſtulas and hollow ulcers, and to ſtay the flux of humours in them, as alſo the abundance of womens courſes, or any other flux of blood, being boiled in red wine and drank.

The Yellow Rattle, or Cock's-Comb, is held to be good for thoſe that are troubled with a cough, or dimneſs of ſight, if the herb, being boiled with beans, and ſome honey put thereto, be drank or dropped into the eyes. The whole ſeed being put into the eyes, draweth forth any ſkin, dimneſs or film, from the ſight, without trouble or pain.

Reſt Harrow, or Cammock.

Deſcript.] COMMON Reſt Harrow riſeth up with divers rough woody twigs half a yard, or a yard high, ſet at the joints without order, with little roundiſh leaves, ſometimes more than two or three at a place, of a dark green colour, without thorns while they are young; but afterwards armed in ſundry places, with ſhort and ſharp thorns. The flowers come forth at the tops of the twigs and branches, whereof it is full faſhioned like peaſe or broom bloſſoms, but leſſer, flatter, and ſomewhat cloſer, of a faint purpliſh colour; after which come ſmall pods, containing ſmall, flat, round ſeed: the root is blackiſh on the outſide, and whitiſh within, very rough, and hard to break when it is freſh and green, and as hard as an horn when it is dried, thruſting down deep into the ground, and ſpreading likewiſe, every piece being apt to grow again if it be left in the ground.

Place.] It groweth in many places of this land, as well in the arable as waſte ground.

Time.] It flowereth about the beginning or middle of July, and the ſeed is ripe in Auguſt.

Government and Virtues.] It is under the dominion of Mars. It is ſingular good to provoke urine when it is ſtopped, and to break and drive forth the ſtone, which the powder of the bark of the root taken in wine performeth effectually. Matthiolus ſaith, the ſame helpeth the

the diſeaſe called *Hernia Carnoſa*, the fleſhy rupture, by taking the ſaid powder for ſome months together conſtantly, and that it hath cured ſome which ſeemed incurable by any other means than by cutting or burning. The decoction thereof made with ſome vinegar, gargled in the mouth, eaſeth the tooth-ach, eſpecially when it comes of rheum; and the ſaid decoction is very powerful to open obſtructions of the liver and ſpleen, and other parts. A diſtilled water in *Balneo Mariæ*, with four pounds of the root hereof firſt ſliced ſmall, and afterwards ſteeped in a gallon of Canary wine, is ſingular good for all the purpoſes aforeſaid, and to cleanſe the paſſages of the urine. The powder of the ſaid root made into an electuary, or lozenges, with ſugar, as alſo the bark of the freſh roots boiled tender, and afterwards beaten to a conſerve with ſugar, worketh the like effect. The powder of the roots ſtrewed upon the brims of ulcers, or mixed with any other convenient thing, and applied, conſumeth the hardneſs, and cauſeth them to heal the better.

Rocket.

IN regard the Garden-Rocket is rather uſed as a ſallad herb than to any phyſical purpoſes, I ſhall omit it, and only ſpeak of the common wild Rocket. The deſcription whereof take as followeth:

Deſcript.] The common wild Rocket hath longer and narrower leaves, much more divided into ſlender cuts and jags on both ſides the middle rib than the garden kinds have; of a ſad green colour, from among which riſe up divers ſtalks two or three feet high, ſometimes ſet with the like leaves, but ſmaller and ſmaller upwards, branched from the middle into divers ſtiff ſtalks, bearing ſundry yellow flowers on them, made of four leaves a-piece, as the others are, which afterwards yield them ſmall reddiſh ſeed, in ſmall long pods, of a more bitter and hot biting taſte than the garden kinds, as the leaves are alſo.

Place.] It is found wild in divers places of this land.

Time.] It flowereth about June or July, and the ſeed is ripe in Auguſt.

Government and Virtues.] The wild Rockets are forbidden to be uſed alone, in regard their ſharpneſs fumeth into the head, cauſing achs and pains therein, and are leſs hurtful to hot and choleric perſons, for fear of inflaming

flaming their blood, and therefore for ſuch we may ſay a little doth but a little harm, for angry Mars rules them, and he ſometimes will be ruſty when he meets with fools. The wild Rocket is more ſtrong and effectual to increaſe ſperm and venerous qualities, whereunto all the ſeed is more effectual, than the garden kind; it ſerveth alſo to help digeſtion, and provoketh urine exceedingly. The ſeed is uſed to cure the bitings of ſerpents, the ſcorpion, and the ſhrew mouſe, and other poiſons, and expelleth worms, and other noiſome creatures that breed in the belly. The herb boiled or ſtewed, and ſome ſugar put thereto, helpeth the cough in children, being taken often. The ſeed alſo taken in drink, taketh away the ill ſcent of the arm-pits, increaſeth milk in nurſes, and waſteth the ſpleen. The ſeed mixed with honey, and uſed on the face, cleanſeth the ſkin from morphew, and uſed with vinegar, taketh away freckles and redneſs in the face, or other parts; and with the gall of an ox, it mendeth foul ſcars, black and blue ſpots, and the marks of the ſmall-pox.

Winter-Rocket, or Creſſes.

Deſcript.] WINTER-Rocket, or Winter-Creſſes, hath divers ſomewhat large ſad green leaves laying upon the ground, torn or cut in divers parts, ſomewhat like unto Rocket or turnip-leaves, with ſmaller pieces next the bottom, and broad at the ends, which ſo abide all the Winter, (if it ſpring up in Autumn, when it is uſed to be eaten) from among which ri'e up divers ſmall round ſtalks, full of branches, bearing many ſmall yellow flowers of four leaves a-piece, after which come ſmall pods, with reddiſh ſeed in them. The root is ſomewhat ſtringy, and periſheth every year after the ſeed is ripe.

Place.] It groweth of its own accord in gardens and fields, by the way-ſides, in divers places, and particularly in the next paſture to the Conduit-head behind Gray's-Inn, that brings water to Mr. Lamb's Conduit in Holborn.

Time.] It flowereth in May, ſeedeth in June, and then periſheth.

Government and Virtues.] This is profitable to provoke urine, to help ſtrangury, and expel gravel and the ſtone. It is good for the ſcurvy, and found by experience to be a ſingular good wound-herb to cleanſe inward wounds; the

the juice or decoction being drank, or outwardly applied to waſh foul ulcers and ſores, cleanſing them by ſharpneſs, and hindering or abating the dead fleſh from growing therein, and healing them by the drying quality.

Roſes.

I Hold it altogether needleſs to trouble the reader with a deſcription of any of theſe, ſince both the garden Roſes, and the Roſes of the briars, are well enough known; take therefore the virtue of them as followeth: and firſt I ſhall begin with the garden kinds.

Government and Virtues.] What a pother have authors made with Roſes! What a racket have they kept! I ſhall add, red Roſes are under Jupiter, damaſk under Venus, white under the Moon, and Provence under the King of France. The white and red Roſes are cooling and drying, and yet the white is taken to exceed the red in both the properties, but is ſeldom uſed inwardly in any medicine. The bitterneſs in the Roſes when they are freſh, eſpecially the juice, purgeth choler, and watery humours; but being dried, and that heat which cauſed the bitterneſs being conſumed, they have then a binding and aſtringent quality; thoſe alſo that are not full blown, do both cool and bind more than thoſe that are full blown, and the white Roſe more than the red. The decoction of red Roſes made with wine and uſed, is very good for the head-ach, and pains in the eyes, ears, throat and gums; as alſo for the fundament, the lower parts of the belly and the matrix, being bathed or put into them. The ſame decoction with the roots remaining in it, is profitably applied to the region of the heart to eaſe the the inflammation therein; as alſo St. Anthony's fire, and other diſeaſes of the ſtomach. Being dried and beaten to powder, and taken in ſteeled wine or water, it helpeth to ſtay womens courſes. The yellow threads in the middle of the Roſes (which are erroneouſly called the Roſe Seed) being powdered and drank in the diſtilled water of quinces, ſtayeth the overflowing of womens courſes, and doth wonderfully ſtay the defluctions of rheum upon the gums and teeth, preſerving them from corruption, and faſtening them if they be looſe, being waſhed and gargled therewith, and ſome vinegar of ſquills added thereto. The heads with the ſeed being uſed

uſed in powder, or in a decoction, ſtayeth the laſk and ſpitting of blood. Red Roſes do ſtrengthen the heart, the ſtomach and the liver, and the retentive faculty: they mitigate the pains that ariſe from heat, aſſuage inflammations, procure reſt and ſleep, ſtay both whites and reds in women, the gonorrhea, or running of the reins, and fluxes of the belly; the juice of them doth purge and cleanſe the body from choler and phlegm. The huſks of the Roſes, with the beards and nails of the Roſes, are binding and cooling, and the diſtilled water of them is good for the heat and redneſs in the eyes, and to ſtay and dry up the rheums and watering of them. Of the red Roſes are uſually made many compoſitions, all ſerving to ſundry good uſes, *viz.* Electuary of Roſes, conſerve both moiſt and dry, which is more uſually called Sugar of Roſes, Syrup of dry Roſes, and Honey of Roſes. The cordial powder called *Diarrhodon Abbatis*, and *Aromatica Roſarum*. The diſtilled water of Roſes, vinegar of Roſes, ointment, and oil of Roſes, and the Roſe leaves dried, are of very great uſe and effect. To write at large of every one of theſe would make my book ſwell too big, it being ſufficient for a volume itſelf, to ſpeak fully of them. But briefly, the electuary is purging, whereof two or three drams taken by itſelf in ſome convenient liquor, is a purge ſufficient for a weak conſtitution, but may be increaſed to ſix drams, according to the ſtrength of the patient. It purgeth choler without trouble, and is good in hot fevers, and pains of the head ariſing from hot choleric humours, and heat in the eyes, the jaundice alſo, and joint-achs proceeding of hot humours. The moiſt conſerve is of much uſe, both binding and cordial; for until it be about two years old, it is more binding than cordial, and after that, more cordial than binding. Some of the younger conſerve taken with mithridate mixed together, is good for thoſe that are troubled with diſtillations of rheum from the brain to the noſe, and defluction of rheum into the eyes; as alſo for fluxes and laſks of the belly; and being mixed with the powder of maſtic, is very good for the running of the reins, and for the looſeneſs of humours in the body. The old conſerve againſt faintings, ſwoonings, weakneſs and tremblings of the heart, ſtrengthens both it and a weak ſtomach, helpeth digeſtion, ſtayeth caſting, and is a very good

preſer-

preſervative in the time of infection. The dry conſerve, which is called the Sugar of Roſes, is a very good cordial to ſtrengthen the heart and the ſpirits, as alſo to ſtay defluctions. The ſyrup of dried red Roſes ſtrengthens a ſtomach given to caſting, cooleth an over-heated liver, and the blood in agues, comforteth the heart, and reſiſteth putrefaction and infection, and helpeth to ſtay laſks and fluxes. Honey of Roſes is much uſed in gargles and lotions to waſh ſores, either in the mouth, throat, or other parts, both to cleanſe and heal them, and to ſtay the fluxes of humours falling upon them. It is alſo uſed in clyſters both to cool and cleanſe. The cordial powders, called Diarrhodon Abbatis and Aromatica Roſarum, do comfort and ſtrengthen the heart and ſtomach, procure an appetite, help digeſtion, ſtay vomiting, and are very good for thoſe that have ſlippery bowels, to ſtrengthen them, and to dry up their moiſture. Red Roſe water is well known, and of a familiar uſe on all occaſions, and better than damaſk Roſe-water, being cooling and cordial, refreſhing, quickening the weak and faint ſpirits, uſed either in meats or broths, to waſh the temples, to ſmell at the noſe, or to ſmell the ſweet vapours thereof out of a perfuming pot, or caſt into a hot fire-ſhovel. It is alſo of much good uſe againſt the redneſs and inflammations of the eyes to bathe them therewith, and the temples of the head; as alſo againſt pain and ach, for which purpoſe alſo vinegar of Roſes is of much good uſe, and to procure reſt and ſleep, if ſome thereof and Roſe-water together be uſed to ſmell unto, or the noſe and temples moiſtened therewith, but more uſually to moiſten a piece of a red Roſe-cake, cut for the purpoſe, and heated between a double-folded cloth, with a little beaten nutmeg, and poppy-ſeed ſtrewed on the ſide that muſt lie next to the forehead and temples, and bound ſo thereto all night. The ointment of Roſes is much uſed againſt heat and inflammations in the head, to anoint the forehead and temples, and being mixt with *Unguetnum-Populneum*, to procure reſt; it is alſo uſed for the heat of the liver, the back and reins, and to cool and heal puſhes, wheals, and other red pimples riſing in the face or other parts. Oil of Roſes is not only uſed by itſelf to cool any hot ſwellings or inflammations, and to bind and ſtay fluxes of humours unto ſores, but is alſo put into ointments and plaiſters that are cooling and binding,

binding, and reſtraining the flux of humours. The dried leaves of the red Roſes are uſed both inwardly and outwardly, both cooling, binding, and cordial, for with them are made both *Aromaticum Roſarum*, *Diarrhodon Abbatis*, and *Saccharum Roſarum*, each of whoſe properties are before declared. Roſe leaves and mint, heated and applied outwardly to the ſtomach, ſtay caſtings, and very much ſtrengthen a weak ſtomach; and applied as a fomentation to the region of the liver and heart, do much cool and temper them, and alſo ſerve inſtead of a Roſe-cake (as is ſaid before) to quiet the over-hot ſpirits, and cauſe reſt and ſleep. The ſyrup of damaſk Roſes is both ſimple and compound, and made with agaric. The ſimple ſolutive ſyrup is a familiar, ſafe, gentle and eaſy medicine, purging choler, taken from one ounce to three or four, yet this is remarkable herein, that the diſtilled water of this ſyrup ſhould notably bind the belly. The ſyrup with agaric is more ſtrong and effectual, for one ounce thereof by itſelf will open the body more than the other, and worketh as much on phlegm as choler. The compound ſyrup is more forcible in working on melancholic humours; and available againſt the leproſy, itch, tetters, &c. and the French diſeaſe: alſo honey of Roſes ſolutive is made of the ſame infuſions that the ſyrup is made of, and therefore worketh the ſame effect, both opening and purging, but is oftener given to phlegmatic than choleric perſons, and is more uſed in clyſters than in potions, as the ſyrup made with ſugar is. The conſerve and preſerved leaves of thoſe Roſes are alſo operative in gently opening the belly.

The ſimple water of the damaſk Roſes is chiefly uſed for fumes to ſweeten things, as the dried leaves thereof to make ſweet powders, and fill ſweet bags; and little uſe they are put to in phyſic, although they have ſome purging quality; the wild Roſes alſo are few or none of them uſed in phyſic, but are generally held to come near the nature of the manured Roſes. The fruit of the wild briar, which are called Hips, being thoroughly ripe, and made into a conſerve with ſugar, beſides the pleaſantneſs of the taſte, doth gently bind the belly, and ſtay defluctions from the head upon the ſtomach, drying up the moiſture thereof, and helpeth digeſtion. The pulp of the hips dried into a hard conſiſtence, like

to

to the juice of liquorice, or ſo dried that it may be made into powder and taken in drink, ſtayeth ſpeedily the whites in women. The briar ball is often uſed, being made into powder and drank, to break the ſtone, to provoke urine when it is ſtopped, and to eaſe and help the colic, ſome appoint it to be burnt, and then taken for the ſame purpoſe. In the middle of the balls are often found certain white worms, which being dried and made into powder, and ſome of it drank, is found by experience to kill and drive forth the worms of the belly.

Roſa Solis, or, Sun-Dew.

Deſcript.] IT hath divers ſmall, round, hollow leaves, ſomewhat greeniſh, but full of certain red hairs, which make them ſeem red, every one ſtanding upon his own foot-ſtalk, reddiſh, hairy likewiſe. The leaves are continually moiſt in the hotteſt day, yea, the hotter the ſun ſhines on them, the moiſter they are, with a ſlimineſs that will rope (as we ſay) the ſmall hairs always holding this moiſture. Among theſe leaves riſe up ſlender ſtalks, reddiſh alſo, three or four fingers high, bearing divers ſmall white knobs one above another, which are flowers; after which in the heads are contained ſmall ſeeds. The root is a few ſmall hairs.

Place.] It groweth uſually in bogs and wet places, and ſometimes in moiſt woods.

Time.] It flowereth in June, and then the leaves are fitteſt to be gathered.

Government and Virtues.] The Sun rules it, and it is under the ſign Cancer. Roſa Solis is accounted good to help thoſe that have a ſalt rheum diſtilling on the lungs, which breedeth a conſumption, and therefore the diſtilled water thereof in wine, is held fit and profitable for ſuch to drink, which water will be of a good yellow colour. The ſame water is held to be good for all other diſeaſes of the lungs, as phthiſics, wheezings, ſhortneſs of breath, or the cough; as alſo to heal the ulcers that happen in the lungs; and it comforteth the heart and fainting ſpirits. The leaves outwardly applied to the ſkin, will raiſe bliſters, which has cauſed ſome to think it dangerous to be taken inwardly; but there are other things which will alſo draw bliſters, yet nothing dangerous to be taken inwardly. There is an uſual drink

made thereof with aqua vitæ and ſpices frequently, and without any offence or danger, but to good purpoſe uſed in qualms and paſſions of the heart.

Roſemary.

OUR garden Roſemary is ſo well known, that I need not deſcribe it.

Time.] It flowereth in April and May, with us, ſometimes again in Auguſt.

Government and Virtues.] The Sun claims privilege in it, and it is under the celeſtial Ram. It is an herb of as great uſe with us in theſe days, as any whatſoever, not only for phyſical but civil purpoſes. The phyſical uſe of it (being my preſent taſk) is very much both for inward and outward diſeaſes, for by the warming and comforting heat thereof, it helpeth all cold diſeaſes, both of the head, ſtomach, liver, and belly. The decoction thereof in wine, helpeth the cold diſtillations of rheums into the eyes, and all other cold diſeaſes of the head and brain, as the giddineſs or ſwimmings therein, drowſineſs or dullneſs of the mind and ſenſes like a ſtupidneſs, the dumb palſy, or loſs of ſpeech, the lethargy and falling-ſickneſs, to be both drank, and the temples bathed therewith. It helpeth the pains in the gums and teeth, by rheum falling into them, not by putrefaction, cauſing an evil ſmell from them, or a ſtinking breath. It helpeth a weak memory, and quickeneth the ſenſes. It is very comfortable to the ſtomach in all the cold griefs thereof, helpeth both retention of meat and digeſtion, the decoction or powder being taken in wine. It is a remedy for the windineſs in the ſtomach, bowels, and ſpleen, and expels it powerfully. It helpeth thoſe that are liver-grown, by opening the obſtructions thereof. It helpeth dim eyes, and procureth a clear ſight, the flowers thereof being taken all the while it is flowering, every morning faſting, with bread and ſalt. Dioſcorides and Galen ſay, that if a decoction be made thereof with water, and they that have the yellow jaundice, exerci e their bodies preſently after the taking thereof, it will certainly cure them. The flowers and conſerve made of them, are ſingular good to comfort the heart, and to expel the contagion of the peſtilence; to burn the herb in houſes and chambers correcteth the air in them. Both the flowers and leaves are very profitable for women that

that are troubled with the whites, if they be daily taken. The dried leaves ſhred ſmall, and taken in a pipe, as tobacco is taken, helpeth thoſe that have any cough, phthiſick, or conſumption, by warming and drying the thin diſtillations which cauſe thoſe diſeaſes. The leaves are very much uſed in bathings; made into ointments or oil, are ſingular good to help cold benumbed joints, ſinews, or members. The chymical oil drawn from the leaves and flowers, is a ſovereign help for all the diſeaſes aforeſaid, to touch the temples and noſtrils with two or three drops for all the diſeaſes of the head and brain ſpoken of before; as alſo to take one drop, two or three, as the caſe requireth, for the inward griefs; yet it muſt be done with diſcretion, for it is very quick and piercing, and therefore very little muſt be taken at a time. There is alſo another oil made by inſolation in this manner. Take what quantity you will of the flowers, and put them into a ſtrong glaſs, cloſe ſtopped, tie a fine linen cloth over the mouth, and turn the mouth down into another ſtrong glaſs, which being ſet in the ſun, an oil will diſtil down into the lower glaſs, to be preſerved as precious for divers uſes. Both inward and outward, as a ſovereign balm to heal the diſeaſes before-mentioned, to clear dim ſights, and take away ſpots, marks and ſcars in the ſkin.

Rhubarb, or Raphontick.

DO not ſtart, and ſay, this grows you know not how far off; and then aſk me, how it comes to paſs that I bring it among our Engliſh ſimples? For though the name may ſpeak it foreign, yet it grows with us in England, and that frequent enough in our gardens; and when you have thoroughly purſued its virtues, you will conclude it nothing inferior to that which is brought out of China, and by that time this hath been as much uſed as that hath been, the name which the other hath gotten will be eclipſed by the fame of this; take therefore a deſcription at large of it as followeth:

Deſcript.] At the firſt appearing out of the ground, when the Winter is paſt, it hath a great round browniſh head, riſing from the middle or ſides of the root, which openeth itſelf into ſundry leaves one after another, very much crumpled or folded together at the firſt, and brown-

iſh; but afterwards it ſpreadeth itſelf, and becometh ſmooth, very large and almoſt round, every one ſtanding on a browniſh ſtalk of the thickneſs of a man's thumb, when they are grown to their fulneſs, and moſt of them two feet and more in length, eſpecially when they grow in moiſt and good ground; and the ſtalk of the leaf, from the bottom thereof to the leaf itſelf, being alſo two feet, the breadth thereof from edge to edge, in the broadeſt place, being alſo two feet, of a ſad or dark green colour, of a fine tart or ſmooth taſte, much more pleaſant than the garden or wood ſorrel. From among theſe riſeth up ſome, but not every year, ſtrong thick ſtalks, not growing ſo high as the patience, or garden dock, with ſuch green leaves as grow below, but ſmaller at every joint up to the top, and among the flowers, which are white, ſpreading forth into many branches, conſiſting of five or ſix ſmall leaves a-piece, hardly to be diſcerned from the threads of the middle, and ſeeming to be all threads, after which come browniſh three-ſquare ſeeds, like unto other docks, but larger, whereby it may be plainly known to be a dock. The root grows in time to be very great, with divers and ſundry great ſpreading branches from it, of a dark browniſh or reddiſh colour on the outſide, with a pale yellow ſkin under it, which covereth the inner ſubſtance or root, which rind and ſkin, being pared away, the root appears of ſo freſh and lively a colour, with freſh coloured veins running through it, that the choiceſt of that Rhubarb that is brought us from beyond the ſeas, cannot excel it, which root if it be dried careſully, and as it ought (which muſt be in our country by the gentle heat of a fire, in regard the ſun is not hot enough here to do it, and every piece kept from one another) will hold its colour almoſt as well as when it is freſh, and hath been approved of and commended by thoſe who have oftentimes uſed them.

Place.] It groweth in gardens, flowereth about the beginning or middle of June, and the ſeed is ripe in July.

Time.] The roots that are to be dried and kept all the next year, are not to be taken up before the ſtalk and leaves be quite withered and gone, and that is not until the middle or end of October, and if they be taken a little before the leaves do ſpring, or when they are ſprung up, the roots will not have ſo good a colour in them.

I have

I have given the precedence unto this becauſe in virtues alſo it hath the pre-eminence. I come now to deſcribe unto you, that which is called Patience, or Monk's Rhubarb: and next unto that, the great round-leaved Dock, or baſtard Rhubarb, for the one of theſe may ſupply in the abſence of the other, being not much unlike in their virtues, only one more powerful and efficacious than the other. And laſtly, ſhall ſhew you the virtues of all the three ſorts.

Garden-Patience, or Monk's Rhubarb.

Deſcript.] THIS is a Dock bearing the name of Rhubarb for ſome purging quality therein, and groweth up with large tall ſtalks, ſet with ſomewhat broad and long fair green leaves, not dented at all. The tops of the ſtalks being divided into many ſmall branches, bear reddiſh or purpliſh flowers, and three-ſquare ſeed, like unto other dock. The root is long, great and yellow, like unto the wild docks, but a little redder; and if it be a little dried, ſheweth leſs ſtore of diſcoloured veins than the next doth when it is dry.

Great round-leaved Dock, or Baſtard Rhubarb.

Deſcript.] THIS hath divers large, round, thin, yellowiſh green leaves riſing from the root, a little waved about the edges, every one ſtanding upon a reaſonable thick and long browniſh foot-ſtalk, from among which riſeth up a pretty big ſtalk about two feet high, with ſome ſuch like leaves growing thereon, but ſmaller; at the top whereof ſtand in a long ſpike, many ſmall browniſh flowers, which turn into a hard three-ſquare ſhining brown ſeed, like the Garden Patience before deſcribed. The root groweth greater than that, with many branches of great fibres thereat, yellow on the outſide, and ſomewhat pale; yellow within, with ſome diſcoloured veins like to the Rhubarb which is firſt deſcribed, but much leſs than it, eſpecially when it is dry.

Place and Time.] Theſe alſo grow in gardens, and flower and ſeed at or near the ſame time that our true Rhubarb doth, *viz.* they flower in June and the ſeed is ripe in July.

Government and Virtues.] Mars claims predominancy over all theſe wholeſome herbs; you cry out upon him for an infortunate, when God created him for your good

(only he is angry with fools.) What diſhonour is this, not to Mars, but to God himſelf? A dram of the dried root of Monk's Rhubarb, with a ſcruple of ginger made into powder, and taken faſting in a draught or meſs of warm broth, purgeth both choler and phlegm downwards very gently and ſafely. The ſeed thereof contrary doth bind the belly, and helpeth to ſtay any ſort of laſks or bloody-flux. The diſtilled water thereof is very profitably uſed to heal ſcabs; alſo foul ulcerous ſores, and to lay the inflammation of them; the juice of the leaves, or roots, or the decoction of them in vinegar, is uſed as a moſt effectual remedy to heal ſcabs and running ſores.

The Baſtard Rhubarb hath all the properties of the Monk's Rhubarb, but more effectual for both inward and outward diſeaſes. The decoction thereof, without vinegar, dropped into the ears, taketh away the pains; gargled in the mouth, taketh away the tooth-ach, and being drank, healeth the jaundice. The ſeed thereof taken, eaſeth the knawing and griping pains of the ſtomach, and taketh away the loathings thereof unto meat. The root thereof helpeth the ruggedneſs of the nails, and being boiled in wine, helpeth the ſwelling of the throat, commonly called the king's-evil, as alſo the ſwellings of the kernels of the ears. It helpeth them that are troubled with the ſtone, provoketh urine, and helpeth the dimneſs of the ſight. The roots of this Baſtard Rhubarb are uſed in opening and purging diet-drinks, with other things, to open the liver, and cleanſe and cool the blood.

The properties of that which is called the Engliſh Rhubarb, are the ſame with the former, but much more effectual, and hath all the properties of the true Italian Rhubarbs, except the force in purging, wherein it is but of half the ſtrength, and therefore a double quantity muſt be uſed; it likewiſe hath not that bitterneſs and aſtriction; in other things it worketh almoſt in an equal quantity, which are theſe: It purgeth the body of choler and phlegm, being either taken of itſelf, made into powder, and drank in a draught of white wine, or ſteeped therein all night and taken faſting, or put among other purges, as ſhall be thought convenient, cleanſing the ſtomach, liver, and blood, opening obſtructions, and helpeth thoſe griefs that come thereof, as the jaundice, dropſy, ſwelling of the ſpleen, tertian and daily agues,

and

and pricking pains of the ſides; as alſo it ſtayeth ſpitting of blood. The powder taken with caſſia diſſolved, and waſhed Venice Turpentine, cleanſeth the reins, and ſtrengtheneth them afterwards, and is very effectual to ſtay the running of the reins, or gonorrhea. It is alſo given for the pains and ſwellings in the head, for thoſe that are troubled with melancholy, and helpeth the ſciatica, gout and cramp. The powder of the Rhubarb taken with a little mummia and madder roots in ſome red wine, diſſolveth clotted blood in the body, happening by any fall or bruiſe, and helpeth burſtings and broken parts, as well inward as outward. The oil likewiſe wherein it hath been boiled, worketh the like effects, being anointed. It is uſed to heal thoſe ulcers that happen in the eyes or eyelids, being ſteeped and ſtrained; as alſo to aſſuage the ſwellings and inflammations; and applied with honey, boiled in wine, it taketh away all blue ſpots or marks that happen therein. Whey or white wine are the beſt liquors to ſteep it in, and thereby it worketh more effectually in opening obſtructions, and purging the ſtomach and liver. Many uſe a little Indian ſpikenard as the beſt corrector thereof.

Meadow Rue.

Deſcript.] MEADOW Rue riſeth up with a yellow ſtringy root, much ſpreading in the ground, ſhooting forth new ſprouts and round about, with many green ſtalks, two feet high, creſted all the length of them, ſet with joints here and there, and many large leaves on them, above as well as below, being divided into ſmaller leaves, nicked or dented in the forepart of them, of a red green colour on the upper ſide, and pale green underneath; toward the top of the ſtalk there ſhooteth forth branches, on every one whereof ſtand two, or three or four ſmall heads, or buttons, which breaking the ſkin that incloſeth them, ſhooteth forth a tuft of pale greeniſh yellow threads, which falling away, there come in their places ſmall three cornered cods, wherein is contained ſmall, long and round ſeed. The whole plant hath a ſtrong unpleaſant ſcent.

Place.] It groweth in many places of this land, in the borders of moiſt meadows, and ditch-ſides.

Time.] It flowereth about July, or beginning of Auguſt.

Government and Virtues.] Dioſcorides ſaith, that this herb bruiſed and applied, perfectly healeth old ſores, and the diſtilled water of the herb and flowers doth the like. It is uſed by ſome among other pot herbs to open the body, and make it ſoluble; but the roots waſhed clean, and boiled in ale and drank, provoke to ſtool more than the leaves, but yet very gently. The root boiled in water, and the place of the body moſt troubled with vermin and lice, waſhed therewith while it is warm, deſtroyeth them utterly. In Italy is uſed againſt the plague, and in Saxony againſt the jaundice, as *Camerarius* ſaith.

Garden Rue.

GARDEN Rue is ſo well known by this name, and the name Herb of Grace, that I ſhall not need to write any further deſcription, but ſhall only ſhew you the virtue of it, as followeth:

Government and Virtues.] It is an herb of the Sun, and under Leo. It provoketh urine and womens courſes, being taken either in meat or drink. The ſeed thereof taken in wine, is an antidote againſt all dangerous medicines or deadly poiſons. The leaves taken either by themſelves, or with figs and walnuts, is called Mithridate's counter-poiſon againſt the plague, and cauſeth all venomous things to become harmleſs; being often taken in meat and drink, it abateth venery and deſtroyeth the ability to get children. A decoction made thereof with ſome dried dill leaves and flowers, eaſeth all pains and torments inwardly to be drank, and outwardly applied warm to the place grieved. The ſame being drank, helpeth the pains both of the cheſt and ſides, as alſo coughs and hardneſs of breathing, the inflammation of the lungs, and the tormenting pains of the ſciatica and joints, being anointed, or laid to the places; as alſo the ſhaking fits of agues, to take a draught before the fit comes; being boiled or infuſed in oil, it is good to help the wind colic, the hardineſs and windineſs of the mother, and freeth women from the ſtrangling or ſuffocation thereof, if the ſhare and the parts thereabouts be anointed therewith; it killeth and driveth forth the worms of the belly, if it be drank after it is boiled in wine to the half, with a little honey, it helpeth the gout or pains in the joints, hands, feet or knees, applied thereunto; and

and with figs it helpeth the dropſy, being bathed therewith; being bruiſed and put into the noſtrils, it ſtayeth the bleeding thereof; it helpeth the ſwelling of the cods, if they be bathed with a decoction of Rue and bay leaves. It taketh away wheals and pimples, if being bruiſed with a few myrtle leaves, it be made up with wax, and applied. It cureth the morphew, and taketh away all ſorts of warts, if boiled in wine with ſome pepper and nitre, and the place rubbed therewith, and with almond and honey, helpeth the dry ſcabs, or any tetter or ringworm. The juice thereof warmed in a pomegranate ſhell or rind, and dropped into the ears, helpeth the pains of them. The juice of it and fennel, with a little honey and the gall of a cock put thereunto, helpeth the dimneſs of the eye-ſight. An ointment made of the juice thereof, with oil of roſes, ceruſe, and a little vinegar, and anointed, cureth St. Anthony's fire, and all running ſores in the head, and the ſtinking ulcers of the noſe or other parts. The antidote uſed by Mithridates, every morning faſting, to ſecure himſelf from any poiſon or infection, was this: take twenty leaves of Rue, a little ſalt, two walnuts and two figs, beaten together into a meſs, with twenty juniper berries, which is the quantity appointed for every day. Another electuary is made thus: take of nitre, pepper, and cummin-ſeed, of each equal parts; of the leaves of Rue clean picked, as much in weight as all the other three weighed; beat them well together, and put as much honey as will make it up into an electuary (but you muſt firſt ſteep your cummin ſeed in vinegar twenty-four hours, and then dry it, or rather roaſt it in a hot fire-ſhovel, or in an oven) and it is a remedy for the pains or griefs in the cheſt or ſtomach, of the ſpleen, belly, or ſides, by wind or ſtitches, of the liver by obſtructions, of the reins and bladder by the ſtopping of urine, and helpeth alſo to extenuate fat corpulent bodies. What an infamy is caſt upon the aſhes of Mithridates, or Methridates (as the Auguſtines read his name) by unworthy people. They that deſerve no good report themſelves, love to give none to others, *viz.* That renowned King of Pontus fortified his body by poiſon againſt poiſon. (*He caſt out devils by* Beelzebub, *prince of the devils.*) What a ſot is he that knows not if he had accuſtomed his body to cold poiſons, hot poiſons would have diſpatched him? On the contrary,

if not, corroſions would have done it. The whole world is at this preſent time beholden to him for his ſtudies in phyſic, and he that uſeth the quantity but of an hazel nut of that receipt every morning, to which his name is adjoined, ſhall to admiration preſerve his body in health, if he do but conſider that Rue is an herb of the Sun, and under Leo, and gather it and the reſt accordingly.

Rupture-Wort.

Deſcript.] THIS ſpreads very many thready branches round about upon the ground, about a ſpan long, divided into many other ſmaller parts full of ſmall joints, ſet very thick together, whereat comes forth two very ſmall leaves of a French yellow, green coloured branches and all, where groweth forth alſo a number of exceeding ſmall yellow flowers, ſcarce to be diſcerned from the ſtalk and leaves, which turn into ſeeds as ſmall as the very duſt. The root is very long and ſmall, thruſting down deep in the ground. This hath neither ſmell nor taſte at firſt, but afterwards, hath a little aſtringent taſte, without any manifeſt heat; yet a little bitter and ſharp withal.

Place.] It groweth in dry, ſandy and rocky places.

Time.] It is freſh and green all the Summer.

Government and Virtues.] They ſay Saturn cauſeth ruptures; if he do, he doth no more than he can cure; if you want wit, he will teach you, though to your coſt. This herb is Saturn's own, and is a noble antivenerean. Rupture-wort hath not its name in vain; for it is found by experience to cure the rupture, not only in children, but alſo in elder perſons, if the diſeaſe be not too inveterate, by taking a dram of the powder of the dried herb every day in wine, or a decoction made and drank for certain days together. The juice of diſtilled water of the green herb, taken in the ſame manner, helpeth all other fluxes either of man or woman; vomiting alſo, and the gonorrhea, or running of the reins, being taken any of the ways aforeſaid. It doth alſo moſt aſſuredly help thoſe that have the ſtrangury, or are troubled with the ſtone or gravel in the reins or bladder. The ſame helpeth ſtitches in the ſides, griping pains of the ſtomach, or belly, the obſtructions of the liver, and cureth the yellow

yellow jaundice; likewise it kills the worms in children. Being outwardly applied, it conglutinateth wounds notably, and helpeth much to stay defluctions of rheum, from the head to the eyes, nose and teeth, being bruised green, and bound thereto; or the forehead, temples, or nape of the neck behind, bathed with the decoction of the dried herb. It also drieth up the moisture of fistulous ulcers, or any other that are foul and spreading.

Rushes.

ALTHOUGH there are many kinds of Rushes, yet I shall only here insist upon those which are best known and most medicinal; as the bulrushes, and other of the soft and smooth kinds, which grow so commonly in almost every part of this land, and are so generally noted, that I suppose it needless to trouble you with any description of them. Briefly then to take the virtues of them, as followeth:

Government and Virtues.] The seed of the soft Rushes, (saith Dioscorides and Galen, toasted, saith Pliny) being drank in wine and water, stayeth the lasks and womens courses, when they come down too abundantly; but it causeth head-ach: It provoketh sleep likewise, but must be given with caution. The root boiled in water, to the consumption of one third, helpeth the cough.

Thus you see that conveniences have their inconveniences, and virtue is seldom unaccompanied with some vices. What I have written concerning Rushes, is to satisfy my countrymen's questions: *Are our Rushes good for nothing?* Yes, and as good let them alone as taken. There are remedies enough without them for any disease, and therefore as the proverb is, I care not a Rush for them; or rather, they will do you as much good as if one had given you a Rush.

Rye.

THIS is so well known in all the counties of this land, and especially to the country people, who feed much thereon, that if I did describe it, they would presently say, I might as well have spared that labour. Its virtues follow:

Government and Virtues.] Rye is more digesting than wheat; the bread and leaven thereof ripeneth and breaketh impostumes, boils, and other swellings; the meal

of Rye put between a double cloth, and moiſtened with a little vinegar, and heated in a pewter diſh, ſet over a chaffing diſh of coals, and bound faſt to the head while it is hot, doth much eaſe the continual pains in the head. Matthiolus ſaith, that the aſhes of Rye ſtraw put into water, and ſteeped therein a day and a night, and the chops of the hands or feet waſhed therewith, doth heal them.

Saffron.

THE herb needs no deſcription, it being known generally where it grows.

Place.] It grows frequently at Walden, in Eſſex, and in Cambridgeſhire.

Government and Virtues.] It is an herb of the Sun, and under the Lion, and therefore you need not demand a reaſon why it ſtrengthens the heart ſo exceedingly. Let not above ten grains be given at one time, for the Sun, which is the fountain of light, may dazzle the eyes, and make them blind; a cordial being taken in an immoderate quantity hurts the heart inſtead of helping it. It quickeneth the brain, for the Sun is exalted in Aries, as well as he hath his houſe in Leo. It helps conſumptions of the lungs, and difficulty of breathing; it is excellent in epidemical diſeaſes, as peſtilence, ſmall pox, and meaſles. It is a notable expulſive medicine and remedy for the yellow jaundice. My opinion is, (but I have no author for it) that hermodactyls are nothing elſe but the roots of Saffron dried; and my reaſon is, that the roots of all crocus, both white and yellow, purge phlegm, as hermodactyls do; and if you pleaſe to dry the roots of any crocus, neither your eyes nor taſte ſhall diſtinguiſh them from hermodactyls.

Sage.

OUR ordinary Sage needeth no deſcription.

Time.] It flowereth in or about July.

Government and Virtues.] Jupiter claims this, and bids me tell you, it is good for the liver, and to breed blood. A decoction of the leaves and branches of Sage made and drank, ſaith Dioſcorides, provokes urine, bringeth down women's courſes, helps to expel the dead child, and cauſeth the hair to become black. It ſtayeth the bleeding of wounds, and cleanſeth foul ulcers and ſores. The decoction made in wine, taketh away the itching

of

of the cods, if they be bathed therewith. Agrippa ſaith, that if women that cannot conceive, by reaſon of the moiſt ſlipperineſs of their wombs, ſhall take a quantity of the juice of Sage, with a little ſalt, for four days before they company with their huſbands, it will help them not only to conceive, but alſo to retain the birth without miſcarrying. Orpheus ſaith, three ſpoonfuls of the juice of Sage, taken faſting, with a little honey, doth preſently ſtay the ſpitting or caſting of blood in them that are in a conſumption. Theſe pills are much commended: take of ſpikenard, ginger, of each two drams, of the ſeed of Sage toaſted at the fire, eight drams, of the long-pepper, 12 drams, all theſe being brought into powder, put thereto ſo much juice of the Sage as may make them into a maſs of pills, taking a dram of them every morning faſting, and ſo likewiſe at night, drinking a little pure water after them. Matthiolus ſaith, it is very profitable for all manner of pains in the head, coming of cold and rheumatic humours; as alſo for all pains of the joints, whether inwardly or outwardly, and therefore helpeth the falling ſickneſs, the lethargy, ſuch as are dull and heavy of ſpirit, the palſy, and is of much uſe in all defluctions of rheum from the head, and for the diſeaſes of the cheſt or breaſt. The leaves of Sage and nettles bruiſed together, and laid upon the impoſthume that riſeth behind the ears, doth aſſuage it much.

The juice of Sage taken in warm water, helpeth a hoarſeneſs and cough. The leaves ſoddened in wine, and laid upon the place affected with the palſy, helpeth much, if the decoction be drank: alſo Sage taken with wormwood is good for the bloody-flux. Pliny ſaith, it procures womens courſes, and ſtayeth them coming down too faſt; helpeth the ſtinging and biting of ſerpents, and killeth the worms that breed in the ear, and ſores. Sage is of excellent uſe to help the memory, warming and quickening the ſenſes; and the conſerve made of the flowers is uſed to the ſame purpoſe, and alſo for all the former recited diſeaſes. The juice of Sage drank with vinegar, hath been of good uſe in time of the plague at all times. Gargles likewiſe are made with Sage, roſemary, honey-ſuckles and plantain, boiled in wine or water, with ſome honey or allum put thereto, to waſh ſore mouths and throats, cankers, or the ſecret parts of man or woman, as need requireth. And with other

other hot and comfortable herbs, Sage is boiled to bathe the body and legs in the Summer time, eſpecially to warm cold joints or ſinews, troubled with the palſy and cramp, and to comfort and ſtrengthen the parts. It is much commended againſt the ſtitch, or pains in the ſide coming of wind, if the place be fomented warm with the decoction thereof in wine, and the herb alſo after boiling be laid warm thereunto.

Wood-Sage.

Deſcript.] WOOD-SAGE riſeth up with ſquare hoary ſtalks, two feet high at leaſt, with two leaves ſet at every joint, ſomewhat like other Sage leaves, but ſmaller, ſofter, whiter and rounder, and a little dented about the edges, and ſmelling ſomewhat ſtronger. At the tops of the ſtalks and branches ſtand the flowers, on a ſlender large ſpike, turning themſelves all one way when they blow, and are of a pale and whitiſh colour, ſmaller than Sage, but hooded and gaping like unto them. The ſeed is blackiſh and round; four uſually ſeem in a huſk together; the root is long and ſtringy, with divers fibres thereat, and abideth many years.

Place.] It groweth in woods, and by wood ſides; as alſo in divers fields and bye lanes in the land.

Time.] It flowereth in June, July and Auguſt.

Government and Virtues.] The herb is under Venus. The decoction of the Wood Sage provoketh urine and womens courſes. It alſo provoketh ſweat, digeſteth humours, and diſcuſſeth ſwellings and nodes in the fleſh, and is therefore thought to be good againſt the French pox. The decoction of the green herb, made with wine, is a ſafe and ſure remedy for thoſe who by falls, bruiſes or blows, ſuſpect ſome vein to be inwardly broken, to diſperſe and void the congealed blood, and conſolidate the veins. The drink uſed inwardly, and the herb outwardly, is good for ſuch as are inwardly burſten, and is found to be a ſure remedy for the palſy. The juice of the herb, or the powder thereof dried, is good for moiſt ulcers and ſores in the legs, and other parts, to dry them and cauſe them to heal more ſpeedily. It is no leſs effectual alſo in green wounds, to be uſed upon any occaſion.

Solomon's

Solomon's Seal.

Deſcript.] THE common Solomon's Seal riſeth up with a round ſtalk half a yard high, bowing or bending down to the ground, ſet with ſingle leaves one above another, ſomewhat large, and like the leaves of the lily-convally, or May-lily, with an eye of bluiſh upon the green, with ſome ribs therein, and more yellowiſh underneath. At the foot of every leaf, almoſt from the bottom up to the top of the ſtalk, come forth ſmall, long, white and hollow pendulous flowers, ſomewhat like the flowers of May-lily, but ending in five long points, for the moſt part two together, at the end of a long foot-ſtalk, and ſometimes but one, and ſometimes alſo two ſtalks, with flowers at the foot of a leaf, which are without any ſcent at all, and ſtand on one ſide of the ſtalk. After they are paſt, come in their places ſmall round berries, great at the firſt, and blackiſh green, tending to bluneſs when they are ripe, wherein lie ſmall, white, hard, and ſtony ſeeds. The root is of the thickneſs of one's finger or thumb, white and knotted in ſome places, a flat round circle repreſenting a Seal, whereof it took the name, lying along under the upper cruſt of the earth, and not growing downward, but with many fibres underneath.

Place.] It is frequent in divers places of this land; as, namely, in a wood two miles from Canterbury, by Fiſh-Pool Hill, as alſo in Buſhy Cloſe belonging to the parſonage of Alderbury, near Clarendon, two miles from Saliſbury; in Cheſſon-wood, or Cheſſon Hill, between Newington and Sittingbourn in Kent, and divers other places in Eſſex, and other counties.

Time] It flowereth about May: the root abideth and ſhooteth anew every year.

Government and Virtues.] Saturn owns the plant, for he loves his bones well. The root of Solomon's Seal is found by experience to be available in wounds, hurts, and outward ſores, to heal and cloſe up the lips of thoſe that are green, and to dry up and reſtrain the flux of humours to thoſe that are old. It is ſingularly good to ſtay vomitings and bleeding whereſoever, as alſo all fluxes in man or woman, whether whites or reds in women, or the running of the reins in men; alſo to knit any joint, which by weakneſs uſeth to be often out of place, or will not ſtay in long when it is ſet; alſo,

to

to knit and join broken bones in any part of the body, the roots being bruiſed and applied to the places; yea, it hath been found by late experience, that the decoction of the root in wine, or the bruiſed root put into wine or other drink, and after a night's infuſion, ſtrained forth hard and drank, hath helped both man and beaſt, whoſe bones hath been broken by any occaſion, which is the moſt aſſured refuge of help to people of divers counties of the land that they can have. It is no leſs effectual to help ruptures and burſtings, the decoction in wine, or the powder in broth or drink, being inwardly taken, and outwardly applied to the place. The ſame is alſo available for inward or outward bruiſes, falls or blows, both to diſpel the congealed blood, and to take away both the pains and the black and blue marks that abide after the hurt. The ſame alſo, or the diſtilled water of the whole plant, uſed to the face, or other parts of the ſkin, cleanſeth it from morphew, freckles, ſpots, or marks whatſoever, leaving the place freſh, fair, and lovely; for which purpoſe it is much uſed by the Italian Dames.

Samphire.

Deſcript.] ROCK Samphire groweth up with a tender green ſtalk about half a yard, or two feet high at the moſt, branching forth almoſt from the very bottom, and ſtored with ſundry thick and almoſt round (ſomewhat long) leaves, of a deep green colour, ſometimes more on a ſtalk, and ſappy, and of a pleaſant, hot, and ſpicy taſte. At the top of the ſtalks and branches ſtand umbels of white flowers, and after them come large ſeed bigger than fennel ſeed, yet ſomewhat like it. The root is great, white, and long, continuing many years, and is of an hot and ſpicy taſte alſo.

Place.] It groweth on the rocks that are often moiſtened at the leaſt, if not overflowed with the ſea water.

Time.] And it flowereth and ſeedeth in the end of July and Auguſt.

Government and Virtues.] It is an herb of Jupiter, and was in former times wont to be uſed more than now it is; the more is the pity. It is well known almoſt to every body, that ill digeſtions and obſtructions are the cauſe of moſt of the diſeaſes which the frail nature of man is ſubject to; both which might be remedied by a more frequent uſe of this herb. If people would have ſauce to their

their meat, they may take ſome for profit as well as for pleaſure. It is a ſafe herb, very pleaſant both to taſte and ſtomach, helping digeſtion, and in ſome ſort opening obſtructions of the liver and ſpleen; provoketh urine, and helpeth thereby to waſh away the gravel and ſtone engendered in the kidnies or bladder.

Sanicle.

Deſcript.] ORDINARY Sanicle ſendeth forth many great round leaves, ſtanding upon long browniſh ſtalks, every one ſomewhat deeply cut or divided into five or ſix parts, and ſome of theſe alſo cut in ſomewhat like the leaf of crow's-foot, or dove's-foot, and finely dented about the edges, ſmooth, and of a dark ſhining colour, and ſometimes reddiſh about the brim; from among which riſe up ſmall, round green ſtalks, without any joint or leaf thereon, ſaving at the top, where it branches forth into flowers, having a leaf divided into three or four parts at that joint with the flowers, which are ſmall and white, ſtarting out of ſmall round greeniſh yellow heads, many ſtanding together in a tuft, in which afterwards are the ſeeds contained, which are ſmall round burs, ſomewhat like the leaves of clevers, and ſtick in the ſame manner upon any thing that they touch. The root is compoſed of many blackiſh ſtrings or fibres, ſet together at a little long head, which abideth with green leaves all the Winter, and periſheth not.

Place.] It is found in many ſhadowy woods, and other places of this land.

Time.] It flowereth in June, and the ſeed is ripe ſhortly after.

Government and Virtues.] This is one of Venus's herbs, to cure the wounds or miſchiefs Mars inflicteth upon the body of man. It heals green wounds ſpeedily, or any ulcers, impoſthumes, or bleedings inward, alſo tumours in any part of the body; for the decoction or powder in drink taken, and the juice outwardly, diſſipateth the humours; and there is not found any herb that can give ſuch preſent help either to man or beaſt, when the diſeaſe falleth upon the lungs or throat, and to heal up putrid malignant ulcers in the mouth, throat and privities, by gargling or waſhing with the decoction of the leaves and roots made in water, and a little honey put thereto.

It

It helpeth to ſtay womens courſes, and all other fluxes of blood, either by the mouth, urine, or ſtool, and laſks of the belly; the ulcerations of the kidnies alſo, and the pains in the bowels, and gonorrhœa, or running of the reins, being boiled in wine or water, and drank. The ſame alſo is no leſs powerful to help any rupture or burſtings, uſed both inwardly and outwardly: and briefly, it is as effectual in binding, reſtraining, conſolidating, heating, drying and healing, as comfrey, bugle, ſelfheal, or any other of the vulnerary herbs whatſoever.

Saracens Confound, or Saracens Woundwort.

Deſcript.] THIS groweth high ſometimes, with brownish ſtalks, and other whiles with green, to a man's height, having narrow green leaves ſnipped about the edges, ſomewhat like thoſe of the peach-tree, or willow leaves, but not of ſuch a white green colour. The tops of ſtalks are furniſhed with many yellow ſtar-like flowers, ſtanding in green heads, which when they are fallen, and the ſeed ripe, which is ſomewhat long, ſmall and of a brown colour, wrapped in down, is therewith carried away with the wind. The root is compoſed of fibres ſet together at a head, which periſheth not in Winter, although the ſtalks dry away, and no leaf appeareth in the Winter. The taſte hereof is ſtrong and unpleaſant, and ſo is the ſmell alſo.

Place.] It groweth in moiſt and wet grounds, by woodſides, and ſometimes in the moiſt places of ſhadowy groves, as alſo the water ſide.

Time.] It flowereth in July, and the ſeed is ſoon ripe, and carried away with the wind.

Government and Virtues.] Saturn owns the herb, and it is of a ſober condition like him. Among the Germans this wound herb is preferred before all others of the ſame quality. Being boiled in wine, and drank, it helpeth the indiſpoſition of the liver, and freeth the gall from obſtructions; whereby it is good for the yellow jaundice, and for the dropſy in the beginning of it; for all inward ulcers of the reins, mouth, or throat, and inward wounds and bruiſes, likewiſe for ſuch ſores as happen in the privy parts of men or women; being ſteeped in wine, and then diſtilled, the water thereof drank, is ſingular good to eaſe all gnawings in the ſtomach, or other pains of the body, as alſo the pains of the mother; and

and being boiled in water, it helpeth continual agues; and the ſaid water, or the ſimple water of the herb diſtilled, or the juice or decoction, are very effectual to heal any green wound, or old ſore or ulcer whatſoever, cleanſing them from corruption, and quickly healing them up. Briefly, whatſoever hath been ſaid of Bugle or Sanicle, may be found herein.

Sauce-alone, or Jack by the Hedge-ſide.

Deſcript.] THE lower leaves of this are rounder than thoſe that grow towards the tops of the ſtalks, and are ſet ſingly on the joint, being ſomewhat round and broad, pointed at the ends, dented alſo about the edges, ſomewhat reſembling nettle leaves for the form, but of a freſher green colour, not rough or pricking: the flowers are white, growing at the top of the ſtalks one above another, which being paſt, follow ſmall round pods, wherein are contained round ſeed ſomewhat blackiſh. The root ſtringy and thready, periſheth every year after it hath given ſeed, and raiſeth itſelf again of its own ſowing. The plant, or any part thereof, being bruiſed, ſmelleth of garlic, but more pleaſantly, and taſteth ſomewhat hot and ſharp, almoſt like unto rocket.

Place.] It groweth under walls, and by hedge-ſides, and path-ways in fields in many places.

Time.] It flowereth in June, July, and Auguſt.

Government and Virtues.] It is an herb of Mercury. This is eaten by many country people as ſauce to their ſalt fiſh, and helpeth well to digeſt the crudities and other corrupt humours engendered thereby. It warmeth alſo the ſtomach, and cauſeth digeſtion. The juice thereof boiled with honey is accounted to be as good as hedge muſtard for the cough, to cut and expectorate the tough phlegm. The ſeed bruiſed and boiled in wine, is a ſingular good remedy for the wind cholic, or the ſtone, being drank warm; it is alſo given to women troubled with the mother, both to drink, and the ſeed put into a cloth, and applied while it is warm, is of ſingular good uſe. The leaves alſo, or the ſeed boiled, is good to be uſed in clyſters to eaſe the pains of the ſtone. The green leaves are held to be good to heal the ulcers in the legs.

Winter and Summer Savory.

BOTH theſe are ſo well known (being entertained as conſtant inhabitants in our gardens) that they need no deſcription.

Government and Virtues.] Mercury claims the dominion over this herb, neither is there a better remedy againſt the colic and iliac paſſion, than this herb; keep it dry by you all the year, if you love yourſelf and your eaſe, and it is a hundred pounds to a penny if you do not: keep it dry, make conſerves and ſyrups of it for your uſe, and withal, take notice that the Summer kind is the beſt. They are both of them hot and dry, eſpecially the Summer kind, which is both ſharp and quick in taſte, expelling wind in the ſtomach and bowels, and is a preſent help for the riſing of the mother procured by wind; provoketh urine and womens courſes, and is much commended for women with child to take inwardly, and to ſmell often unto. It cureth tough phlegm in the cheſt and lungs, and helpeth to expectorate it the more eaſily; quickens the dull ſpirits in the lethargy, the juice thereof being ſnuffed up into the noſtrils. The juice dropped into the eyes, cleareth a dull ſight, if it proceed of thin cold humours diſtilled from the brain. The juice heated with oil of Roſes, and dropped into the ears, eaſeth them of the noiſe and ſinging in them, and of deafneſs alſo. Outwardly applied with wheat flour, in manner of a poultice, it giveth eaſe to them, and taketh away their pains. It alſo taketh away the pain that comes by ſtinging of bees, waſps, &c.

Savine.

TO deſcribe a plant ſo well known is needleſs, it being nurſed up almoſt in every garden, and abiding green all the Winter.

Government and Virtues.] It is under the dominion of Mars, being hot and dry in the third degree, and being of exceeding clean parts, is of a very digeſting quality. If you dry the herb into powder, and mix it with honey, it is an excellent remedy to cleanſe old filthy ulcers and fiſtulas; but it hinders them from healing. The ſame is excellent good to break carbuncles and plague ſores; alſo helpeth the king's evil, being applied to the place.

Being

Being ſpread over a piece of leather, and applied to the navel, kills the worms in the belly, helps ſcabs and itch, running ſores, cankers, tetters, and ringworms; and being applied to the place, may haply cure venereal ſores. This I thought good to ſpeak of, as it may be ſafely uſed outwardly, for inwardly it cannot be taken without manifeſt danger.

The common White Saxifrage.

Deſcript.] THIS hath a few ſmall reddiſh kernels of roots covered with ſome ſkins, lying among divers ſmall blackiſh fibres, which ſend forth divers round, faint or yellow green leaves, and greyiſh underneath, lying above the ground, unevenly dented about the edges, and ſomewhat hairy, every one upon a little footſtalk, from whence riſeth up round, browniſh, hairy, green ſtalks, two or three feet high, with a few ſuch like round leaves as grow below, but ſmaller, and ſomewhat branched at the top, whereon ſtand pretty large white flowers, of five leaves a-piece, with ſome yellow threads in the middle, ſtanding in a long creſted, browniſh, green huſk. After the flowers are paſt, there ariſeth ſometimes a round hard head, forked at the top, wherein is contained ſmall black ſeed, but uſually they fall away without any ſeed, and it is the kernels or grains of the root which are uſually called the White Saxifrage-ſeed, and ſo uſed.

Place.] It groweth in many places of this land, as well in the lowermoſt, as in the upper dry corners of meadows, and graſſy ſandy places. It uſed to grow near Lamb's Conduit, on the backſide of Gray's Inn.

Time.] It flowereth in May, and then gathered, as well for that which is called the ſeed, as to diſtil, for it quickly periſheth down to the ground, when any hot weather comes.

Government and Virtues.] It is very effectual to cleanſe the reins and bladder, and to diſſolve the ſtone engendered in them, and to expel it and the gravel by urine; to help the ſtrangury; for which purpoſe the decoction of the herb or roots in white wine, is moſt uſual, or the powder of the ſmall kernelly root, which is called the ſeed, taken in white white, or in the ſame decoction made with white wine, is moſt uſual. The diſtilled water of the whole herb, root and flowers, is moſt familiar to be taken. It provoketh alſo womens courſes, and freeth

freeth and cleanſeth the ſtomach and lungs from thick and tough phlegm that trouble them. There are not many better medicines to break the ſtone than this.

Burnet Saxifrage.

Deſcript.] THE greater ſort of our Engliſh Burnet Saxifrage groweth up with divers long ſtalks of winged leaves, ſet directly oppoſite one to another on both ſides, each being ſomewhat broad, and a little pointed and dented about the edges, of a ſad green colour. At the top of the ſtalks ſtand umbels of white flowers, after which come ſmall and blackiſh ſeed. The root is long and whitiſh, abiding long. Our leſſer Burnet Saxifrage hath much finer leaves than the former, and very ſmall, and ſet one againſt another, deeply jagged about the edges, and of the ſame colour as the former. The umbels of the flowers are white, and the ſeed very ſmall, and ſo is the root, being alſo ſomewhat hot and quick in taſte.

Place.] Theſe grow in moiſt meadows of this land, and are eaſy to be found, being well ſought for among the graſs, wherein many times they lay hid, ſcarcely to be diſcerned.

Time.] They flower about July, and their ſeed is ripe in Auguſt.

Government and Virtues.] They are both of them herbs of the Moon. The Saxifrages are hot as pepper; and Tragus ſaith, by his experience, that they are wholeſome. They have the ſame properties the parſleys have, but in provoking urine, and eaſing the pains thereof, and of the wind and colic, are much more effectual, the roots or ſeed being uſed either in powder, or in decoctions, or any other way; and likewiſe helpeth the windy pains of the mother, and to procure their courſes, and to break and void the ſtone in the kidnies, to digeſt cold, viſcous, and tough phlegm in the ſtomach, and is an eſpecial remedy againſt all kind of venom. Caſtoreum being boiled in the diſtilled water thereof, is ſingular good to be given to thoſe that are troubled with cramps and convulſions. Some do uſe to make the ſeeds into comfits (as they do carraway ſeeds) which is effectual to all the purpoſes aforeſaid. The juice of the herb dropped into the moſt grievous wounds of the head, drieth up their moiſture, and healeth them quickly.

Some

Some women uſe the diſtilled water to take away freckles or ſpots in the ſkin or face; and to drink the ſame ſweetened with ſugar for all the purpoſes aforeſaid.

Scabious, three Sorts.

Deſcript.] COMMON field Scabious groweth up with many hairy, ſoft, whitiſh green leaves, ſome whereof are very little, if at all jagged on the edges, others very much rent and torn on the ſides, and have threads in them, which upon breaking may be plainly ſeen; from among which riſe up divers hairy green ſtalks, three or four feet high, with ſuch like hairy green leaves on them, but more deeply and finely divided, branched forth a little; at the tops thereof, which are naked and bare of leaves for a good ſpace, ſtand round heads of flowers, of a pale bluiſh colour, ſet together in a head, the outermoſt whereof are larger than the inward, with many threads alſo in the middle, ſomewhat flat at the top, as the head with the ſeed is likewiſe; the root is great, white and thick, growing down deep into the ground, and abideth many years.

There is another ſort of Field Scabious different in nothing from the former, but only it is ſmaller in all reſpects.

The Corn Scabious differeth little from the firſt, but that it is greater in all reſpects, and the flowers more inclining to purple, and the root creepeth under the upper cruſt of the earth, and runneth not deep into the ground as the firſt doth.

Place.] The firſt groweth more uſually in meadows, eſpecially about London everywhere.

The ſecond in ſome of the dry fields about this city, but not ſo plentifully as the former.

The third in ſtanding corn, or fallow fields, and the borders of ſuch like fields.

Time.] They flower in June and July, and ſome abide flowering until it be late in Auguſt, and the ſeed is ripe in the mean time.

There are many other ſorts of Scabious, but I take theſe which I have here deſcribed to be moſt familiar with us: the virtues of both theſe and the reſt, being much alike, take them as followeth:

Government and Virtues] Mercury owns the plant. Scabious is very effectual for all ſorts of coughs, ſhortneſs of breath, and all other diſeaſes of the breaſt and lungs,

lungs, ripening and digeſting cold phlegm, and other tough humours, voideth them forth by coughing and ſpitting. It ripeneth alſo all ſorts of inward ulcers and impoſthumes; pleuriſy alſo, if the decoction of the herb dry or green be made in wine, and drank for ſome time together. Four ounces of the clarified juice of Scabious taken in the morning faſting, with a dram of mithridate, or Venice treacle, freeth the heart from any infection of peſtilence, if after the taking of it the party ſweat two hours in bed, and this medicine be again and again repeated, if need require. The green herb bruiſed and applied to any carbuncle or plague ſore, is found by certain experience to diſſolve and break it in three hours ſpace. The ſame decoction alſo drank, helpeth the pains and ſtitches in the ſide. The decoction of the roots taken for forty days together, or a dram of the powder of them taken at a time in whey, doth (as Matthiolus ſaith) wonderfully help thoſe that are troubled with running or ſpreading ſcabs, tetters, ringworms, yea, although they proceed from the French pox, which, he ſaith, he hath tried by experience. The juice or decoction drank, helpeth alſo ſcabs and breakings out of the itch, and the like. The juice alſo made up into an ointment and uſed, is effectual for the ſame purpoſe. The ſame alſo healeth all inward wounds by the drying, cleanſing, and healing quality therein; and a ſyrup made of the juice and ſugar, is very effectual to all the purpoſes aforeſaid, and ſo is the diſtilled water of the herb and flowers made in due ſeaſon, eſpecially to be uſed when the green herb is not in force to be taken. The decoction of the herb and roots outwardly applied, doth wonderfully help all ſorts of hard or cold ſwellings in any part of the body, is effectual for ſhrunk ſinews or veins, and healeth green wounds, old ſores and ulcers. The juice of Scabious, made up with the powder of Borax and Samphire, cleanſeth the ſkin of the face, or other parts of the body, not only from freckles and pimples, but alſo from morphew and leproſy; the head waſhed with the decoction, cleanſeth from dandruff, ſcurf, ſores, itch, and the like, uſed warm. The herb bruiſed and applied, doth in a ſhort time looſen and draw forth any ſplinter, broken bone, arrow head, or other ſuch like thing lying in the fleſh.

Scurvy-

Scurvygraſs.

Deſcript.] OUR ordinary Engliſh Scurvygraſs hath many thick flat leaves, more long than broad, and ſometimes longer and narrower; ſometimes alſo ſmooth on the edges, and ſometimes a little waved; ſometimes plain, ſmooth and pointed, of a ſad green, and ſometimes a bluiſh colour, every one ſtanding by itſelf upon a long foot-ſtalk, which is browniſh or greeniſh alſo, from among which ariſe many ſlender ſtalks, bearing few leaves thereon like the other, but longer and leſſer for the moſt part; at the tops whereof grow many whitiſh flowers, with yellow threads in the middle, ſtanding about a green head, which becometh the ſeed veſſel, which will be ſomewhat flat when it is ripe, wherein is contained reddiſh ſeed, taſting ſomewhat hot. The root is made of many white ſtrings, which ſtick deeply into the mud, wherein it chiefly delights, yet it will well abide in the more upland and drier ground, and taſteth a little brackiſh and ſalt even there, but not ſo much as where it hath the ſalt water to feed upon.

Place.] It groweth all along the Thames ſide, both on the Eſſex and Kentiſh ſhores, from Woolwich round about the ſea coaſts to Dover, Portſmouth, and even to Briſtol, where it is had in plenty; the other with round leaves, groweth in the marſhes in Holland, in Lincolnſhire, and other places of Lincolnſhire by the ſea-ſide.

Deſcript.] There is alſo another ſort called Dutch Scurvygraſs, which is moſt known, and frequent in gardens, which hath freſh, green, and almoſt round leaves riſing from the root, not ſo thick as the former, yet in ſome rich ground, very large, even, twice as big as in others, not dented about the edges, or hollow in the middle, ſtanding on a long foot-ſtalk; from among theſe riſe long, ſlender ſtalks, higher than the former, with more white flowers at the tops of them, which turn into ſmall pods, and ſmaller browniſh ſeed than the former. The root is white, ſmall and thready. The taſte is nothing ſalt at all; it hath a hot, aromatical, ſpicy taſte.

Time.] It flowereth in April and May, and giveth ſeed ripe quickly after.

Government and Virtues.] It is an herb of Jupiter. The Engliſh Scurvygraſs is more uſed for the ſalt taſte it beareth, which doth ſomewhat open and cleanſe; but

the Dutch Scurvygraſs is of better effect, and chiefly uſed (if it may be had) by thoſe that have the ſcurvy, and is of ſingular good effect to cleanſe the blood, liver and ſpleen, taking the juice in the Spring, every morning faſting, in a cup of drink. The decoction is good for the ſame purpoſe, and openeth obſtructions, evacuating cold, clammy and phlegmatic humours, both from the liver and ſpleen, and bringing the body to a more lively colour. The juice alſo helpeth all foul ulcers and ſores in the mouth, gargled therewith; and uſed outwardly, cleanſeth the ſkin from ſpots, marks, or ſcars that happen therein.

Self-Heal. Called alſo Prunel, Carpenter's Herb, Hook-heal, and Sickle-wort.

Deſcript.] THE common Self-Heal is a ſmall, low, creeping herb, having many ſmall, roundiſh-pointed leaves, like leaves of wild mints, of a dark green colour, without dents on the edges; from among which riſe ſquare hairy ſtalks, ſcarce a foot high, which ſpread ſometimes into branches with ſmall leaves ſet thereon, up to the tops, where ſtand brown-ſpiked heads of ſmall browniſh leaves like ſcales and flowers together, almoſt like the head of caſſidony, which flowers are gaping, and of a bluiſh purple, or more pale blue, in ſome places ſweet, but not ſo in others. The roots conſiſt of many fibres downward, and ſpreadeth ſtrings alſo whereby it increaſeth. The ſmall ſtalks, with the leaves creeping on the ground, ſhoot forth fibres taking hold on the ground, whereby it is made a great tuft in a ſhort time.

Place.] It is found in woods and fields everywhere.

Time.] It flowereth in May and ſometimes in April.

Government and Virtues.] Here is another herb of Venus, Self-Heal, whereby when you are hurt you may heal yourſelf; it is an eſpecial herb for inward and outward wounds. Take it inwardly in ſyrups for inward wounds; outwardly in unguents and plaiſters for outward. As Self-Heal is like Bugle in form, ſo alſo in the qualities and virtues, ſerving for all the purpoſes whereto Bugle is applied with good ſucceſs, either inwardly or outwardly, for inward wounds or ulcers whatſoever within the body, for bruiſes or falls, and ſuch like hurts. If it be accompanied with Bugle, Sanicle, and other the

the like wound-herbs, it will be more effectual to waſh or inject into ulcers in the parts outwardly. Where there is cauſe to repreſs the heat and ſharpneſs of humours flowing to any ſores, ulcers, inflammations, ſwellings or the like, or to ſtay the flux of blood in any wound or part, this is uſed with ſome good ſucceſs; as alſo to cleanſe the foulneſs of ſores, and cauſe them more ſpeedily to be healed. It is an eſpecial remedy for all green wounds, to ſolder the lips of them, and to keep the place from any further inconveniencies. The juice hereof uſed with oil of roſes to anoint the temples and forehead, is very effectual to remove the head-ach, and the ſame mixed with honey of roſes, cleanſeth and healeth all ulcers in the mouth and throat, and thoſe alſo in the ſecret parts. And the proverb of the Germans, French, and others, is verified in this, *that he needeth neither phyſician nor ſurgeon that hath* Self-heal *and* Sanicle *to help himſelf.*

The Service-Tree.

IT is ſo well known in the place where it grows, that it needeth no deſcription.

Time.] It flowereth before the end of May, and the fruit is ripe in October.

Government and Virtues.] Services when they are mellow, are fit to be taken to ſtay fluxes, ſcouring, and caſting, yet leſs than medlars. If they be dried before they be mellow, and kept all the year, they may be uſed in decoctions for the ſaid purpoſe, either to drink or to bathe the parts requiring it; and are profitably uſed in that manner to ſtay the bleeding of wounds, and of the mouth or noſe, to be applied to the forehead, and nape of the neck; and are under the dominion of Saturn.

Shepherd's Purſe.

IT is called Whoreman's Permacety, Shepherd's Scrip, Shepherd's Pounce, Toywort, Pickpurſe & Caſewort.

Deſcript.] The root is ſmall, white, and periſheth every year. The leaves are ſmall and long, of a pale green colour, and deeply cut in on both ſides, among which ſpring up a ſtalk which is ſmall and round, containing ſmall leaves upon it even to the top. The flowers are white and very ſmall; after which come the little caſes which hold the ſeed, which are flat, almoſt in form of a heart.

Place.] They are frequent in this nation, almoſt by every path-ſide.

Time.] They flower all the Summer long; nay ſome of them are ſo fruitful that they flower twice a year.

Government and Virtues.] It is under the dominion of Saturn, and of a cold, dry, and binding nature, like to him. It helps all fluxes of blood, either cauſed by inward or outward wounds; as alſo flux of the belly, and bloody flux, ſpitting and piſſing of blood, ſtops the terms in women; being bound to the wriſts of the hands, and the ſoles of the feet, it helps the yellow jaundice. The herb being made into a poultice, helps inflammations and St. Anthony's fire. The juice being dropped into the ears, heals the pains, noiſe and matterings thereof. A good ointment may be made of it for all wounds, eſpecially wounds in the head.

Smallage.

THIS is very well known, therefore I ſhall not trouble the reader with any deſcription thereof.

Place.] It groweth naturally in dry and marſhy ground; but if it be ſown in gardens, it there proſpereth very well.

Time.] It abideth green all the Winter, and ſeedeth in Auguſt.

Government and Virtues.] It is an herb of Mercury. Smallage is hotter, drier, and much more medicinal than parſley, for it much more openeth obſtructions of the liver and ſpleen, rareſieth thick phlegm, and cleanſeth it and the blood withal. It provoketh urine and womens courſes, and is ſingular good againſt the yellow jaundice, tertian and quartan agues, if the juice thereof be taken, but eſpecially made into a ſyrup. The juice alſo put to honey of roſes, and barley water, is very good to gargle the mouth and throat of thoſe that have ſores and ulcers in them, and will quickly heal them. The ſame lotion alſo cleanſeth and healeth all other foul ulcers and cankers, elſewhere, if they be waſhed therewith. The ſeed is eſpecially uſed to break and expel wind, kill worms, and to help a ſtinking breath. The root is effectual to all the purpoſes aforeſaid, and is held to be ſtronger in operation than the herb, but eſpecially to open obſtructions, and to rid away any ague, if the juice thereof be taken in wine, or the decoction thereof in wine be uſed.

Sopewort.

Sopewort, or Bruiſewort.

Deſcript.] THE root creepeth under ground, far and near, with many joints therein, of a brown colour on the outſide, and yellow within, ſhooting forth in divers places weak and round ſtalks, full of joints, ſet with two leaves a-piece at every one of them on the contrary ſide, which are ribbed ſomewhat like the plantain, and faſhioned like the common field white campion leaves, ſeldom having any branches from the ſides of the ſtalks, but ſet with flowers at the top, ſtanding in long huſks, like the wild campions, made of five leaves a-piece, round at the ends, and dented in the middle, of a roſe colour, almoſt white, ſometimes deeper, ſometimes paler, of a reaſonable ſcent.

Place.] It groweth wild in many low and wet grounds of this land, by brooks and the ſides of running waters.

Time.] It flowereth uſually in July, and ſo continueth all Auguſt and part of September, before they be quite ſpent.

Government and Virtues.] Venus owns it. The country people in divers places do uſe to bruiſe the leaves of Sopewort, and lay it to their fingers, hands or legs, when they are cut, to heal them up again. Some make great boaſt thereof, that it is diuretical to provoke urine, and thereby to expel gravel and the ſtone in the reins or kidnies, and do alſo account it ſingular good to void hydropical waters; and they no leſs extol it to perform an abſolute cure in the French pox, more than ſarſaparills, guaiacum, or China can do; which how true it is, I leave others to judge.

Sorrel.

Deſcript.] OUR ordinary Sorrel, which grows in gardens, and alſo wild in fields, is ſo well known, that it needeth no deſcription.

Government and Virtues.] It is under the dominion of Venus. Sorrel is prevalent in all hot diſeaſes, to cool any inflammation and heat of blood in agues, peſtilential and choleric, or ſickneſs and fainting, ariſing from heat, and to refreſh the overſpent ſpirits with the violence of furious or fiery fits of agues; to quench thirſt, and procure an appetite in fainting, or decaying ſtomachs. For it reſiſteth putrefaction of the blood, killeth worms, and is a cordial to the heart, which the ſeed doth more effectually, being more drying and binding, and thereby

ſtayeth the hot fluxes of womens courſes, or of humours in the bloody flux, or flux in the ſtomach. The root alſo in a decoction, or in powder, is effectual for all the ſaid purpoſes. Both roots and ſeed, as well as the herb, are held powerful to reſiſt the poiſon of the ſcorpion. The decoction of the roots is taken to help the jaundice, and to expel the gravel and ſtone in the reins or kidnies. The decoction of the flowers made with wine and drank, helpeth the black jaundice, as alſo the inward ulcers of the body and bowels. A ſyrup made with the juice of Sorrel and fumitory, is a ſovereign help to kill thoſe ſharp humours that cauſe the itch. The juice thereof, with a little vinegar, ſerveth well to be uſed outwardly for the ſame cauſe, and is alſo profitable for tetters, ringworms, &c. It helpeth alſo to diſcuſs the kernels in the throat; and the juice gargled in the mouth, helpeth the ſores therein. The leaves wrapt in a colewort leaf and roaſted in the embers, and applied to a hard impoſthume, blotch, boil or plague ſore, doth ripen and break it. The diſtilled water of the herb is of much good uſe for all the purpoſes aforeſaid.

Wood Sorrel.

Deſcript.] THIS groweth upon the ground, having a number of leaves coming from the root made of three leaves, like trefoil, but broad at the ends, and cut in the middle, of a yellowiſh green colour, every one ſtanding on a long foot-ſtalk, which at their firſt coming up are cloſe folded together, to the ſtalk, but opening themſelves afterwards, and are of a fine ſour reliſh, and yielding a juice which will turn red when it is clarified, and maketh a moſt dainty clear ſyrup. Among theſe leaves riſe up divers tender, weak foot-ſtalks, with every one of them a flower at the top, conſiſting of five ſmall-pointed leaves, ſtar-faſhion, of a white colour, in moſt places, and in ſome daſhed over with a ſmall ſhew of bluiſh, on the back ſide only. After the flowers are paſt, follow ſmall round heads, with ſmall yellow ſeeds in them. The roots are nothing but ſmall ſtrings, faſtened to the end of a ſmall long piece; all of them being of a yellowiſh colour.

Place.] It groweth in many places of our land, in woods and wood ſides, where they be moiſt and ſhadowed, and in other places not too much open to the ſun.

Time.]

Time.] It flowereth in April and May.

Government and Virtues.] Venus owns it. Wood Sorrel ſerveth to all the purpoſes that the other Sorrels do, and is more effectual in hindering putrefaction of blood, and ulcers in the mouth and body, and to quench thirſt, to ſtrengthen a weak ſtomach, to procure an appetite, to ſtay vomiting, and very excellent in any contagious ſickneſs or peſtilential fevers. The ſyrup made of the juice is effectual in all caſes aforeſaid, and ſo is the diſtilled water of the herb. Spunges or linen cloths wet in the juice, and applied outwardly to any hot ſwelling or inflammations, doth much cool and help them. The ſame juice taken and gargled in the mouth, and after it is ſpit forth, taken afreſh, doth wonderfully help a foul ſtinking canker or ulcers therein. It is ſingular good to heal wounds, or to ſtay the bleeding of thruſts or ſtabs in the body.

Sow Thiſtle.

SOW Thiſtles are generally ſo well known, that they need no deſcription.

Place.] They grow in gardens and manured grounds, ſometimes by old walls, path-ſides of fields and highways.

Government and Virtues.] This and the former are under the influence of Venus. Sow Thiſtles are cooling, and ſomewhat binding, and are very fit to cool a hot ſtomach and eaſe the pains thereof. The herb boiled in wine, is very helpful to ſtay the diſſolution of the ſtomach, and the milk that is taken from the ſtalks when they are broken, given in drink, is beneficial to thoſe that are ſhort winded, and have a wheezing. Pliny ſaith, that it hath cauſed the gravel and ſtone to be voided by urine, and that the eating thereof helpeth a ſtinking breath. The decoction of the leaves and ſtalks cauſeth abundance of milk in nurſes, and their children to be well-coloured. The juice or diſtilled water is good for all inflammations, wheals and eruptions or heat in the ſkin, itching of the hæmorrhoids. The juice boiled or thoroughly heated in a little oil of bitter almonds in the peel of a pomegranate, and dropped into the ears, is a ſure remedy for deafneſs, ſinging, &c. Three ſpoonfuls of the juice taken warmed in white wine, and ſome wine put thereto, cauſeth women in travail to have ſo eaſy and ſpeedy delivery, that they may be able to walk

preſently after. It is wonderfully good for women to waſh their faces with, to clear the ſkin and give it luſtre.

Southern Wood.

SOUTHERN Wood is ſo well known to be an ordinary inhabitant in our gardens, that I need not trouble you with any deſcription thereof.

Time.] It flowereth for the moſt part in July and Auguſt.

Government and Virtues.] It is a gallant mercurial plant, worthy of more eſteem than it hath. Dioſcorides ſaith, that the ſeed bruiſed, heated in warm water, and drank, helpeth thoſe that are burſten, or troubled with the cramps or convulſions of the ſinews, the ſciatica, or difficulty in making water, and bringing down womens courſes. The ſame taken in wine is an antidote, or counter-poiſon againſt all deadly poiſon, and driveth away ſerpents and other venomous creatures; alſo the ſmell of this herb, being burnt, doth the ſame. The oil thereof anointed on the back bone, before the fits of the agues come, taketh them away; it taketh away inflammations in the eyes, if it be put with ſome part of roaſted quince, and boiled with a few crums of bread and applied. Boiled with barley-meal, it taketh away pimples, puſhes, or wheals that ariſe in the face, or other parts of the body. The ſeed as well as the dried herb, is often given to kill worms in children. The herb bruiſed and laid to, helpeth to draw forth ſplinters and thorns out of the fleſh. The aſhes thereof drieth up and healeth old ulcers that are without inflammation, although by the ſharpneſs thereof it biteth ſore, and putteth them to ſore pains; as alſo the privy parts in man or woman. The aſhes mingled with old ſallad oil, helpeth thoſe that have hair fallen, and are bald, cauſing the hair to grow again either on the head or beard. Daranters ſaith, the oil made of Southern Wood, and put among the ointments that are uſed againſt the French diſeaſe, is very effectual, likewiſe killeth lice in the head. The diſtilled water of the herb is ſaid to help them much that are troubled with the ſtone, as alſo for the diſeaſes of the ſpleen and mother. The Germans commend it for a ſingular wound-herb, and therefore call it Stabwort. It is held by all writers, ancient and modern, to be more offenſive to the ſtomach than wormwood.

Spignel

Spignel.

Deſcript.] THE roots of common Spignel do ſpread much and deep in the ground, many ſtrings or branches growing from one head, which is hairy at the top, of a blackiſh brown colour on the outſide, and white within, ſmelling well, and of an aromatical taſte, from whence ariſe ſundry long ſtalks of moſt fine cut leaves, like hair, ſmaller than dill, ſet thick on both ſides of the ſtalks, and of a good ſcent. Among theſe leaves riſe up round ſtiff ſtalks, with a few joints, and leaves on them, and at the tops an umbel of fine pure white flowers; at the edges whereof ſometimes will be ſeen a ſhew of the reddiſh bluiſh colour, eſpecially before they be full blown, and are ſucceeded by ſmall, ſomewhat round ſeeds, bigger than the ordinary fennel, and of a brown colour, divided into two parts, and cruſted on the back, as moſt of the umbelliferous ſeeds are.

Place.] It groweth wild in Lancaſhire, Yorſhire, and other northern counties, and is alſo planted in gardens.

Government and Virtues.] It is an herb of Venus. Galen ſaith, the roots of Spignel are available to provoke urine and womens courſes; but if too much be taken, it cauſeth head-ach. The roots boiled in wine or water, and drank, helpeth the ſtrangury and ſtoppings of the urine, the wind, ſwellings and pains in the ſtomach, pains of the mother and all joint-achs. If the powder of the root be mixed with honey, and the ſame taken as a licking medicine, it breaketh tough phlegm, and drieth up the rheum that falleth on the lungs. The roots are accounted very effectual againſt the ſtinging or biting of any venomous creature, and is one of the ingredients in Mithridate, and other antidotes of the ſame.

Spleenwort, or Ceterach.

Deſcript.] THE ſmooth Spleenwort, from a black thready and buſhy root, ſendeth forth many long ſingle leaves, cut in on both ſides into round dents almoſt to the middle, which is not ſo hard as that of polypody, each diviſion being not always ſet oppoſite unto the other, cut between each, ſmooth, and of a light green on the upper ſide, and dark yellowiſh roughneſs on the back, folding or rolling itſelf inward at the firſt ſpringing up.

Place.] It groweth as well upon ſtone walls, as moiſt

and ſhadowy places, about Briſtol, and other weſt parts plentifully; as alſo on Framlingham-Caſtle, on Beaconsfield church in Berkſhire, at Stroude in Kent, and elſewhere, and abideth green all the Winter.

Government and Virtues.] Saturn owns it. It is generally uſed againſt infirmities of the ſpleen; it helpeth the ſtrangury, and waſteth the ſtone in the bladder, and is good againſt the yellow jaundice, and the hiccough; but the juice of it in women hindereth conception. Matthiolus ſaith, that if a dram of the duſt that is on the backſide of the leaves be mixed with half a dram of amber in powder, and taken with the juice of purſlain or plantain, it helps the running of the reins ſpeedily, and that the herb and roots being boiled and taken, helpeth all melancholy diſeaſes, and thoſe eſpecially that ariſe from the French diſeaſe. Camerarius ſaith, that the diſtilled water thereof being drank, is very effectual againſt the ſtone in the reins and bladder; and that the lee that is made of the aſhes thereof being drank for ſome time together, helpeth ſplenetic perſons. It is uſed in outward remedies for the ſame purpoſe.

Star-Thiſtle.

Deſcript.] A COMMON Star Thiſtle hath divers narrow leaves lying next the ground, cut on the edges ſomewhat deeply into many parts, ſoft or a little woolly, all over green, among which riſe up divers weak ſtalks parted into many branches, all lying down to the ground, that it ſeemeth a pretty buſh, ſet with divers the like divided leaves up to the top, where ſeverally do ſtand ſmall whitiſh green heads, ſet with ſharp white pricks (no part of the plant elſe being prickly) which are ſomewhat yellowiſh; out of the middle whereof riſeth the flowers, compoſed of many ſmall reddiſh purple threads; and in the heads, after the flowers are paſt, come ſmall whitiſh round ſeed, lying down as others do. The root is ſmall, long and woody, periſhing every year, and riſing again of their own ſowing.

Place.] It groweth wild in the fields about London, in many places, as at Mile-End Green, in Finſbury Fields, beyond the Windmills, and many other places.

Time.] It flowereth early, and ſeedeth in July, ſometimes in Auguſt.

Government and Virtues.] This and almoſt all Thiſtles are

are under Mars. The ſeed of this Star Thiſtle made into powder, and drank in wine, provoketh urine, and helpeth to break the ſtone, and driveth it forth. The root in powder, given in wine and drank, is good againſt the plague and peſtilence, and drank in the morning faſting for ſome time together, is very profitable for a fiſtula in any part of the body. Baptiſta Sardas doth much commend the diſtilled water hereof, being drank, to help the French diſeaſe, to open the obſtructions of the liver, and cleanſe the blood from corrupted humours, and is profitable againſt the quotidian or tertian ague.

Strawberries.

THESE are ſo well known through this land, that they need no deſcription.

Time.] They flower in May ordinarily, and the fruit is ripe ſhortly after.

Government and Virtues.] Venus owns the herb. Strawberries, when they are green, are cool and dry; but when they are ripe, they are cool and moiſt; the berries are excellent good to cool the liver, the blood and the ſpleen, or an hot choleric ſtomach; to refreſh and comfort the fainting ſpirits, and quench thirſt; they are good alſo for other inflammations; yet it is not amiſs to refrain from them in a fever, leſt by their putrifying in the ſtomach they increaſe the fits. The leaves and roots boiled in wine and water, and drank, do likewiſe cool the liver and blood, and aſſuage all inflammations in the reins and bladder, provoke urine, allay the heat and ſharpneſs thereof. The ſame alſo being drank, ſtayeth the bloody flux and womens courſes, and helps the ſwelling of the ſpleen. The water of the berries carefully diſtilled, is a ſovereign remedy and cordial in the panting and beating of the heart, and is good for the yellow jaundice. The juice dropped into foul ulcers, or waſhed therewith, or the decoction of the herb and root, doth wonderfully cleanſe and help to cure them. Lotions and gargles for ſore mouths, or ulcers therein, or in the privy parts or elſewhere, are made with the leaves and roots thereof; which is alſo good to faſten looſe teeth and to heal ſpungy foul gums. It helpeth alſo to ſtay catarrhs, or defluxions of rheum in the mouth, throat, teeth, or eyes. The juice or water is ſingular good for hot and red inflamed eyes, if dropped

ped into them, or they bathed therewith. It is alſo of excellent property for all puſhes, wheals, and other breakings forth of hot and ſharp humours in the face and hands, and other parts of the body to bathe them therewith, and to take away any redneſs in the face, or ſpots, or other deformities in the ſkin, and to make it clear and ſmooth. Some uſe this medicine: take ſo many Strawberries as you ſhall think fitting, and put them into a diſtillatory, or body of glaſs fit for them, which being well cloſed, ſet it in a bed of horſe-dung for your uſe. It is an excellent water for inflamed eyes, and to take away a film, or ſkin that beginneth to grow over them, and for ſuch other defects in them as may be helped by any outward medicine.

Succory.

Deſcript.] THE garden Succory hath longer and narrower leaves than the Endive, and more cut in or torn on the edges, and the root abideth many years. It beareth alſo blue flowers like Endive, and the ſeed is hardly diſtinguiſhed from the ſeed of the ſmooth or ordinary Endive.

The wild Succory hath divers long leaves lying on the ground, very much cut in or torn on the edges, on both ſides, even to the middle rib, ending in a point; ſometimes it hath a rib down the middle of the leaves, from among which riſeth up a hard, round woody ſtalk, ſpreading into many branches, ſet with ſmaller and leſſer divided leaves on them up to the tops, where ſtand the flowers, which are like the garden kind, and the ſeed is alſo (only take notice that the flowers of the garden kind are gone in on a ſunny day, they being ſo cold, that they are not able to endure the beams of the ſun, and therefore more delight in the ſhade) the root is white, but more hard and woody than the garden kind. The whole plant is exceeding bitter.

Place.] This groweth in many places of our land in waſte, untilled and barren fields. The other in gardens.

Government and Virtues.] It is an herb of Jupiter. Garden Succory, as it is more dry and leſs cold than Endive, ſo it openeth more. A handful of the leaves or roots boiled in wine or water, and a draught drank faſting, driveth forth choleric and phlegmatic humours, openeth obſtructions

ſtructions of the liver, gall and ſpleen; helpeth the yellow jaundice, the heat of the reins, and of the urine; the dropſy alſo, and thoſe that have an evil diſpoſition in their bodies, by reaſon of long ſickneſs, evil diet, &c. which the Greeks call Cachexia. A decoction thereof made with wine, and drank, is very effectual againſt long lingering agues; and a dram of the ſeed in powder, drank in wine, before the fit of the ague, helpeth to drive it away. The diſtilled water of the herb and flowers (if you can take them in time) hath the like properties, and is eſpecially good for hot ſtomachs, and in agues, either peſtilential or of long continuance; for ſwoonings and paſſions of the heart, for the heat and head ach in children, and for the blood and liver. The ſaid water, or the juice, or the bruiſed leaves applied outwardly, allays ſwellings, inflammations, St. Anthony's fire, puſhes, wheals and pimples, eſpecially uſed with a little vinegar; as alſo to waſh peſtiferous ſores. The ſaid water is very effectual for ſore eyes that are inflamed with redneſs, for nurſes breaſts that are pained by the abundance of milk.

The wild Succory, as it is more bitter, ſo it is more ſtrengthening to the ſtomach and liver.

Stone-Crop, Prick-Madam, or Small-Houſleek.

Deſcript.] IT groweth with divers trailing branches upon the ground, ſet with many thick, flat, roundiſh, whitiſh green leaves, pointed at the ends. The flowers ſtand many of them together, ſomewhat looſely. The roots are ſmall, and run creeping under ground.

Place.] It groweth upon the ſtone walls and mud-walls, upon the tiles of houſes, and pent houſes, and amongſt rubbiſh, and in other gravelly places.

Time.] It flowereth in June and July, and the leaves are green all the Winter.

Government and Virtues.] It is under the dominion of the Moon, cold in quality, and ſomething binding, and therefore very good to ſtay defluctions, eſpecially ſuch as fall upon the eyes. It ſtops bleeding, both inward and outward, helps cancers, and all fretting ſores and ulcers. It abates the heat of choler, thereby preventing diſeaſes ariſing from choleric humours. It expels poiſon much, reſiſteth peſtilential fevers, being exceeding good alſo for tertian

tertain agues: you may drink the decoction of it, if you pleaſe, for all the foregoing infirmities. It is ſo harmleſs an herb, you can ſcarce uſe it amiſs. Being bruiſed and applied to the place, it helpeth the king's-evil, and any other knots or kernels in the fleſh; as alſo the piles.

Engliſh Tobacco.

Deſcript.] THIS riſeth up with a round thick ſtalk, about two feet high, whereon do grow thick, flat green leaves, nothing ſo large as the other Indian kind, ſomewhat round-pointed alſo, and nothing dented about the edges. The ſtalk branches forth, and beareth at the tops divers flowers ſet on great huſks like the other, but nothing ſo large; ſcarce ſtanding above the brims of the huſks, round-pointed alſo, and of a greeniſh yellow colour. The ſeed that followeth is not ſo bright, but larger, contained in the like great heads. The roots are neither ſo great nor woody: it periſheth every year with the hard froſts in Winter, but riſeth generally of its own ſowing.

Place.] This came from ſome part of Brafil, as it is thought, and is more familiar in our country than any of the other ſorts; early giving ripe ſeed, which the others ſeldom do.

Time.] It flowereth from June, ſometimes to the end of Auguſt, or later, and the ſeed ripeneth in the meantime.

Government and Virtues.] It is a martial plant. It is found by good experience to be available to expectorate tough phlegm from the ſtomach, cheſt and lungs. The juice thereof made into a ſyrup, or the diſtilled water of the herb drank with ſome ſugar, or without, if you will, or the ſmoak taken by a pipe, as is uſual, but faſting, helpeth to expel worms in the ſtomach and belly, and to eaſe the pains in the head, or megrim and the griping pains in the bowels. It is profitable for thoſe that are troubled with the ſtone in the kidnies, both to eaſe pains by provoking urine, and alſo to expel gravel and the ſtone engendered therein, and hath been found very effectual to expel windineſs, and other humours, which cauſeth the ſtrangling of the mother. The ſeed hereof is very effectual to expel the tooth-ach, and the aſhes of the burnt herb to cleanſe the gums, and make the teeth white. The herb bruiſed and applied to the

the place grieved with the king's-evil, helpeth it in nine or ten days effectually. Monardus ſaith, it is a counterpoiſon againſt the biting of any venomous creature, the herb alſo being outwardly applied to the hurt place. The diſtilled water is often given with ſome ſugar before the fit of an ague, to leſſen it, and take it away in three or four times uſing. If the diſtilled fæces of the herb, having been bruiſed before the diſtillation, and not diſtilled dry, be ſet in warm dung for fourteen days, and afterwards be hung up in a bag in a wine cellar, the liquor that diſtilleth therefrom is ſingularly good to uſe for cramps, achs, the gout and ſciatica, and to heal itches, ſcabs, and running ulcers, cancers, and all foul ſores whatſoever. The juice is alſo good for all the ſaid griefs, and likewiſe to kill lice in children's heads. The green herb bruiſed and applied to any green wounds, cureth any freſh wound or cut whatſoever; and the juice put into old ſores, both cleanſeth and healeth them. There is alſo made hereof a ſingular good ſalve to help impoſthumes, hard tumours, and other ſwellings by blows and falls.

The Tamariſk-Tree.

IT is ſo well known in the places where it grows, that it needeth no deſcription.

Time.] It flowereth about the end of May, or in June, and the ſeed is ripe and blown away in the beginning of September.

Government and Virtues.] A gallant Saturnine herb it is. The root, leaves, young branches, or bark boiled in wine, and drank, ſtays the bleeding of the hæmorrhoidal veins, the ſpitting of blood, the too abounding of womens courſes, the jaundice, the colic, and the biting of all venomous ſerpents, except the aſp; and outwardly applied, is very powerful againſt the hardneſs of the ſpleen, and the tooth-ach, pains in the ears, red and watering eyes. The decoction, with ſome honey put thereto, is good to ſtay gangrenes and fretting ulcers, and to waſh thoſe that are ſubject to nits and lice. Alpinus and Veſlingius affirm, that the Egyptians do with good ſucceſs uſe the wood of it to cure the French diſeaſe, as others do with lignum vitæ or guaiacum; and give it alſo to thoſe who have the leproſy, ſcabs, ulcers, or the like. Its aſhes doth quickly heal bliſters raiſed by burnings

burnings or ſcaldings. It helps the dropſy, ariſing from hardneſs of ſpleen, and therefore to drink out of cups made of the wood is good for ſplenetic perſons. It is alſo helpful for melancholy, and the black jaundice that ariſeth thereof.

Garden Tanſy.

GARDEN Tanſy is ſo well known, that it needeth no deſcription.

Time.] It flowereth in June or July.

Government and Virtues.] Dame Venus was minded to pleaſure women with child by this herb, for there grows not an herb fitter for their uſe than this is; it is juſt as though it were cut out for the purpoſe. This herb bruiſed and applied to the navel, ſtays miſcarriages; I know no herb like it for that uſe: boiled in ordinary beer, and the decoction drank, doth the like; and if her womb be not ſo as ſhe would have it, this decoction will make it ſo. Let thoſe women that deſire children love this herb, it is their beſt companion, (their huſbands excepted.) Alſo it conſumes the phlegmatic humours, the cold and moiſt conſtitution of Winter moſt uſually affects the body of man with, and that was the firſt reaſon of eating Tanſies in the Spring. At laſt the world being over-run with Popery, a monſter called Superſtition, perks up his head, and, as a judgment of God, obſcures the bright beams of knowledge by his diſmal looks; (phyſicians ſeeing the Pope and his imps ſelfiſh, they began to do ſo too) and now forſooth Tanſies muſt be eaten only on Palm and Eaſter Sundays, and their neighbour days. At laſt ſuperſtition being too hot to hold, and the ſelfiſhneſs of phyſicians walking in the clouds; after the Friars and Monks had made the people ignorant, the ſuperſtition of the time was found out, by the virtue of the herb hidden, and now it is almoſt, if not altogether, left off. Surely our phyſicians are beholden to none ſo much as they are to Monks and Friars. For want of eating this herb in Spring, maketh people ſickly in Summer; and that makes work for the phyſician. If it be againſt any man or woman's conſcience to eat Tanſy in the Spring, I am as unwilling to burthen their conſcience, as I am that they ſhould burthen mine; they may boil it in wine and drink the decoction, it will work the ſame effect.

The

The decoction of the common Tanſy, or the juice drank in wine, is a ſingular remedy for all the griefs that come by ſtopping of the urine, helpeth the ſtrangury, and thoſe that have weak reins and kidnies. It is alſo very profitable to diſſolve and expel wind in the ſtomach, belly, or bowels, to procure womens courſes, and expel windineſs in the matrix, if it be bruiſed and often ſmelled unto, as alſo applied to the lower part of the belly. It is alſo very profitable for ſuch women as are given to miſcarry in child-bearing, to cauſe them to go out their full time: it is uſed alſo againſt the ſtone in the reins, eſpecially to men. The herb fried with eggs (as it is accuſtomed in the Spring-time) which is called a Tanſy, helpeth to digeſt and carry downward thoſe bad humours that trouble the ſtomach. The ſeed is very profitable given to children for the worms, and the juice in drink is as effectual. Being boiled in oil, it is good for the ſinews ſhrunk by cramps, or pained with colds, if thereto applied.

Wild Tanſy, or Silver Weed.

THIS is alſo ſo well known, that it needeth no deſcription.

Place.] It groweth almoſt in every place.

Time.] It flowereth in June and July.

Government and Virtues.] Now Dame Venus hath fitted women with two herbs of one name, one to help conception, the other to maintain beauty, and what more can be expected of her? What now remains for you, but to love your huſbands, and not to be wanting to your poor neighbours? Wild Tanſy ſtayeth the laſk, and all the fluxes of blood in men and women, which ſome ſay it will do, if the green herb be worn in the ſhoes, ſo it be next the ſkin; and it is true enough, that it will ſtop the terms, if worn ſo, and the whites too, for aught I know. It ſtayeth alſo ſpitting or vomiting of blood. The powder of the herb taken in ſome of the diſtilled water, helpeth the whites in women, but more eſpecially if a little coral and ivory in powder be put to it. It is alſo commended to help children that are burſten, and have a rupture, being boiled in water and ſalt, it eaſeth the griping pains of the bowels, and is good for the ſciatica and joint-achs. The ſame boiled in vinegar, with honey and allum, and gargled in the mouth,

mouth, eaſeth the pains of the tooth-ach, faſteneth looſe teeth, helpeth the gums that are ſore, and ſettleth the palate of the mouth in its place, when it is fallen down. It cleanſeth and healeth ulcers in the mouth or ſecret parts, and is very good for inward wounds, and to cloſe the lips of green wounds, and to heal old, moiſt, and corrupt running ſores in the legs or elſewhere. Being bruiſed and applied to the ſoles of the feet and hand-wriſts, it wonderfully cooleth the hot fits of the agues, be they never ſo violent. The diſtilled water cleanſeth the ſkin of all diſcolourings therein, as morphew, ſun-burnings, &c. as alſo pimples, freckles, and the like; and dropped into the eyes, or cloths wet therein and applied, taketh away the heat and inflammations in them.

Thiſtles.

OF theſe are many kinds growing here in England, which are ſo well known, that they need no deſcription. Their difference are eaſily known by the places where they grow, *viz.*

Place.] Some grow in fields, ſome in meadows, and ſome among the corn; others on heaths, greens, and waſte grounds in many places.

Time.] They flower in June and Auguſt, and their ſeed is ripe quickly after.

Government and Virtues.] Surely Mars rules it, it is ſuch a prickly buſineſs. All theſe Thiſtles are good to provoke urine, and to mend the ſtinking ſmell thereof; as alſo the rank ſmell of the arm-pits, or the whole body, being boiled in wine and drank, and are ſaid alſo to help a ſtinking breath, and to ſtrengthen the ſtomach. Pliny ſaith, That the juice bathed on the place that wanteth hair, it being fallen off, will cauſe it to grow again ſpeedily.

The Melancholy Thiſtle.

Deſcript.] IT riſeth up with tender ſingle hoary green ſtalks, bearing thereon four or five green leaves, dented above the edges; the points thereof are little or nothing prickly, and at the top uſually but one head, yet ſometimes from the boſom of the uppermoſt leaves there ſhooteth forth another ſmall head, ſcaly

ſcaly and prickly, with many reddiſh thrumbs or threads in the middle, which being gathered freſh, will keep the colour, and fade not from the ſtalk a long time, while it perfects the ſeed, which is of a mean bigneſs, lying in the down. The root hath many ſtrings faſtened to the head, or upper part, which is blackiſh, and periſheth not.

There is another ſort, little differing from the former, but that the leaves are more green above, and more hoary underneath, and the ſtalk being about two feet high, beareth but one ſcaly head, with threads and ſeeds as the former.

Place.] They grow in many moiſt meadows of this land, as well in the ſouthern, as in the northern parts.

Time.] They flower about July or Auguſt, and their ſeed ripeneth quickly after.

Government and Virtues.] It is under Capricorn, and therefore under both Saturn and Mars; one rids melancholy by ſympathy, the other by antipathy. Their virtues are but few, but thoſe not to be deſpiſed; for the decoction of the thiſtle in wine being drank, expels ſuperfluous melancholy out of the body, and makes a man as merry as a cricket; ſuperfluous melancholy cauſeth care, fear, ſadneſs, deſpair, envy, and many evils more beſides; but religion teacheth to wait upon God's providence, and caſt our care upon him who careth for us. What a fine thing were it if men and women could live ſo? And yet ſeven years care and fear makes a man never the wiſer, nor a farthing richer. Dioſcorides ſaith, the root borne about one doth the like, and removes all diſeaſes of melancholy. Modern writers laugh at him: *Let them laugh that win,* my opinion is, that it is the beſt remedy againſt all melancholy diſeaſes that grows; they that pleaſe to uſe it.

Our Lady's Thiſtle.

Deſcript.] OUR Lady's Thiſtle hath divers very large and broad leaves lying on the ground cut in, and as it were crumpled, but ſomewhat hairy on the edges, of a white green ſhining colour, wherein are many lines and ſtreaks of a milk-white colour running all over, and ſet with many hard and ſtiff prickles all about, among which riſeth up one or more ſtrong, round and prickly ſtalks, ſet full of the like leaves up to the top, where, at the end of every branch, comes forth

forth a great prickly Thiſtle-like head, ſtrongly armed with prickles, and with bright purple thrums riſing out of the middle: After they are paſt, the ſeed groweth in the ſaid heads, lying in ſoft white down, which is ſomewhat flattiſh in the ground, and many ſtrings and fibres faſtened thereunto. All the whole plant is bitter in taſte.

Place.] It is frequent on the banks of almoſt every ditch.

Time.] It flowereth and ſeedeth in June, July and Auguſt.

Government and Virtues.] Our Lady's Thiſtle is under Jupiter, and thought to be as effectual as Carduus Benedictus for agues, and to prevent and cure the infection of the plague; as alſo to open the obſtructions of the liver and ſpleen, and thereby is good againſt the jaundice. It provoketh urine, breaketh and expelleth the ſtone, and is good for the dropſy. It is effectual alſo for the pains in the ſides, and many other inward pains and gripings. The ſeed and diſtilled water are held powerful to all the purpoſes aforeſaid, and beſides, it is often applied both outwardly with cloths or ſpunges, to the region of the liver, to cool the diſtemper thereof, and to the region of the heart, againſt ſwoonings and paſſions of it. It cleanſeth the blood exceedingly; and in Spring, if you pleaſe to boil the tender plant (but cut off the prickles, unleſs you have a mind to choak yourſelf) it will change your blood as the ſeaſon changeth, and that is the way to be ſafe.

The Woolen, or Cotton-Thiſtle.

Deſcript.] THIS hath many large leaves lying upon the ground, ſomewhat cut in, and as it were crumpled on the edges, of a green colour on the upper ſide, but covered over with a long hairy wool or cotton down, ſet with moſt ſharp and cruel pricks; from the middle of whoſe heads of flowers come forth many purpliſh crimſon threads, and ſometimes white, although but ſeldom. The ſeed that followeth in thoſe white downy heads, is ſomewhat large and round, reſembling the ſeed of Lady's Thiſtle, but paler: The root is great and thick, ſpreading much, yet uſually dieth after ſeed-time.

Place.] It groweth on divers ditch-banks, and in the corn-fields and highways, generally throughout the land, and is often growing in gardens.

Government and Virtues.] It is a plant of Mars. Dioſcorides

rides and Pliny write, that the leaves and roots hereof taken in drink, help thoſe that have a crick in their neck, that they cannot turn it unleſs they turn their whole body. Galen ſaith, that the roots and leaves hereof are good for ſuch perſons that have their bodies drawn together by ſome ſpaſm or convulſion, or other infirmities; as the rickets (or the college of phyſicians would have it, Rachites, about which name they have quarrelled ſufficiently) in children, being a diſeaſe that hindereth their growth, by binding their nerves, ligaments, and whole ſtructure of their body.

The Fuller's Thiſtle, or Teaſle.

IT is ſo well known, that it needs no deſcription, being uſed with the cloth-workers.

The wild Teaſle is in all things like the former, but that the prickles are ſmall, ſo t and upright, not hooked or ſtiff, and the flowers of this are of a fine bluiſh, or pale carnation colour, but of the manured kind, whitiſh.

Place.] The firſt groweth being ſown in gardens or fields for the uſe of cloth-workers; the other near ditches and rills of water in many places of this land.

Time.] They flower in July, and are ripe in the end of Auguſt.

Government and Virtues.] It is an herb of Venus. Dioſcorides ſaith, that the root bruiſed and boiled in wine, till it be thick, and kept in a brazen veſſel, and after ſpread as a ſalve, and applied to the fundament, doth heal the cleft thereof, cankers and fiſtulas therein, alſo taketh away warts and wens. The juice of the leaves dropped into the ears, killeth worms. The diſtilled water of the leaves dropped into the eyes, taketh away redneſs and miſts in them that hinder the ſight, and is often uſed by women to preſerve their beauty, and take away redneſs and inflammations, and all other heat or diſcolourings.

Treacle Muſtard.

Deſcript.] IT riſeth, with a hard round ſtalk, about a foot high, parted into ſome branches, having divers ſoft green leaves, long and narrow, ſet thereon waved, but not cut into the edges, broadeſt towards the ends, ſomewhat round pointed; the flowers are white that grow at the tops of the branches, ſpiry faſhion, the

above

above another; after which come round pouches, parted in the middle with a furrow, having one blackiſh brown ſeed on either ſide, ſomewhat ſharp in taſte, and ſmelling of garlick, eſpecially in the fields where it is natural, but not ſo much in gardens; the roots are ſmall and thready, periſhing every year.

Give me leave here to add Mithridate Muſtard, altho' it may ſeem more properly by the name to belong to M. in the alphabet.

Mithridate Muſtard.

Deſcript.] THIS groweth higher than the former, ſpreading more and higher branches, whoſe leaves are ſmaller and narrower, ſometimes unevenly dented about the edges. The flowers are ſmall and white, growing on long branches, with much ſmaller and rounder veſſels after them, and parted in the ſame manner, having ſmaller brown ſeeds than the former, and much ſharper in taſte. The root periſheth after ſeed time, but abideth the firſt Winter after ſpringing.

Place.] They grow in ſundry places in this land, as half a mile from Hatfield, by the river ſide, under a hedge as you go to Hatfield, and in the ſtreet of Peckham on Surry ſide.

Time.] They flower and ſeed from May to Auguſt.

Government and Virtues.] Both of them are herbs of Mars. The Muſtards are ſaid to purge the body both upwards and downwards, and procureth womens courſes ſo abundantly that it ſuffocateth the birth. It breaketh inward impoſthumes, being taken inwardly, and uſed in clyſters, helpeth the ſciatica. The ſeed applied, doth the ſame. It is an eſpecial ingredient unto Mithridate and treacle, being of itſelf an antidote, reſiſting poiſon, venom, and putrefaction. It is available in many caſes for which the common Muſtard is uſed, but rather weaker.

The Black Thorn, or Sloe-Buſh.

IT is ſo well known, that it needeth no deſcription.

Place.] It groweth in every county in the hedges and borders of fields.

Time.] It flowereth in April, and ſometimes in March, but

but the fruit ripeneth after all other plums whatſoever, and is not fit to be eaten until the Autumn froſt mellow them.

Government and Virtues.] All the parts of the Sloe Buſh are binding, cooling and dry, and all effectual to ſtay bleeding at the noſe and mouth, or any other place; the laſk of the belly or ſtomach, or bloody-flux, the too much abounding of womens courſes, and helpeth to eaſe the pains of the ſides, bowels, and guts, that come by overmuch ſcouring, to drink the decoction of the bark of the roots, or more uſually the decoction of the berries, either freſh or dried. The conſerve alſo is of very much uſe, and more familiarly taken for the purpoſe aforeſaid. But the diſtilled water of the flowers firſt ſteeped in ſack for a night, and drawn therefrom by the heat of the Balneum Anglice, a bath, is a moſt certain remedy, tried and approved, to eaſe all manner of gnawings in the ſtomach, the ſides and bowels, or any griping pains in any of them, to drink a ſmall quantity when the extremity of the pain is upon them. The leaves are good to make lotions to gargle and waſh the mouth and throat wherein are ſwellings, ſores, or kernels: to ſtay the defluctions of rheum to the eyes, or other parts; to cool the heat and inflammations of them, and eaſe hot pains of the head, to bathe the forehead and temples therewith. The ſimple diſtilled water of the flowers is very effectual for the ſaid purpoſes, and the condenſate juice of Sloes. The diſtilled water of the green berries is uſed for the ſaid effects.

Thorough Wax, or Thorough Leaf.

Deſcript.] COMMON Thorough Wax ſendeth forth a ſtrait round ſtalk, two feet high, or better, whoſe lower leaves being of a bluiſh colour, are ſmaller and narrower than thoſe up higher, and ſtand cloſe thereto, not compaſſing it; but as they grow higher, they do more encompaſs the ſtalks, until it wholly paſs through them, branching toward the top into many parts, where the leaves grow ſmaller again, every one ſtanding ſingly, and never two at a joint. The flowers are ſmall and yellow, ſtanding in tufts at the heads of the branches, where afterwards grow the ſeed, being blackiſh, many thick thruſt together. The root is ſmall, long and woody, periſhing every year, after ſeed-time, and riſing again plentifully of its own ſowing.

Place.] It is found growing in many corn-fields and paſture-grounds in this land. *Time.*]

Time.] It flowereth in July, the ſeed is ripe in Auguſt.

Temperature and Virtues.] Both this and the former are under the influence of Saturn. Thorough-Wax is of ſingular good uſe for all ſorts of bruiſes and wounds either inward or outward; and old ulcers and ſores likewiſe, if the decoction of the herb with water and wine be drank, and the place waſhed therewith, or the juice of the green herb bruiſed or boiled, either by itſelf, or with other herbs, in oil or hog's greaſe, to be made into an ointment to ſerve all the year. The decoction of the herb, or powder of the dried herb, taken inwardly, and the ſame, or the leaves bruiſed, and applied outwardly, is ſingular good for all ruptures and burſtings, eſpecially in children before they be too old. Being applied with a little flour and wax to childrens navels that ſtick forth, it helpeth them.

Thyme.

IT is in vain to deſcribe an herb ſo commonly known.

Government and Virtues.] It is a noble ſtrengthener of the lungs, as notable a one as grows; neither is there ſcarce a better remedy growing for that diſeaſe in children which they commonly call the Chin-cough, than it is. It purgeth the body of phlegm, and is an excellent remedy for ſhortneſs of breath. It kills worms in the belly, and being a notable herb of Venus, provokes the terms, gives ſafe and ſpeedy delivery to women in travail, and brings away the after-birth. It is ſo harmleſs you need not fear the uſe of it. An ointment made of it takes away hot ſwellings and warts, helps the ſciatica and dulneſs of ſight, and takes away pains and hardneſs of the ſpleen: 'Tis excellent for thoſe that are troubled with the gout; as alſo, to anoint the cods that are ſwelled. It eaſeth pains in the loins and hips. The herb taken any way inwardly, comforts the ſtomach much, and expels wind.

Wild Thyme, or Mother of Thyme.

WILD Thyme alſo is ſo well known, that it needeth no deſcription.

Place.] It may be found commonly in commons and other barren places throughout the nation.

Government and Virtues.] It is under the dominion of Venus, and under the ſign Aries, and therefore chiefly appropriated

appropriated to the head. It provoketh urine and the terms, and eaſeth the griping pain of the belly, cramps, ruptures, and inflammation of the liver. If you make a vinegar of the herb, as vinegar of roſes is made (you may find out the way in my tranſlation of the London Diſpenſatory) and anoint the head with it, it preſently ſtops the pains thereof. It is excellent good to be given either in phrenzy or lethargy, although they are two contrary diſeaſes: It helps ſpitting and piſſing of blood, coughing, and vomiting; it comforts and ſtrengthens the head, ſtomach, reins, and womb, expels wind, and breaks the ſtone.

Tormentil, or, Septfoil.

Deſcript.] THIS hath reddiſh, ſlender, weak branches riſing from the root, lying on the ground, rather leaning than ſtanding upright, with many ſhort leaves that ſtand cloſer to the ſtalks than Cinquefoil (to which this is very like) with the foot-ſtalk compaſſing the branches in ſeveral places; but thoſe that grow to the ground are ſet upon long foot-ſtalks, each whereof are like the leaves of Cinquefoil, but ſomewhat long and leſſer, dented about the edges, many of them divided but into five leaves, but moſt of them into ſeven, whence it is alſo called Septfoil; yet ſome may have ſix, and ſome eight, according to the fertility of the ſoil. At the tops of the branches ſtand divers ſmall yellow flowers, conſiſting of five leaves, like thoſe of Cinquefoil, but ſmaller. The root is ſmaller than Biſtort, ſomewhat thick, but blacker without, and not ſo red within, yet ſometimes a little crooked, having blackiſh fibres thereat.

Place.] It groweth as well in woods and ſhadowy places, as in the open champain country, about the borders of fields in many places of this land, and almoſt in every broomfield in Eſſex.

Time.] It flowereth all the Summer long.

Government and Virtues.] This is a gallant herb of the Sun. Tormentil is moſt excellent to ſtay all kind of fluxes of blood or humours in man or woman, whether at noſe, mouth, or belly. The juice of the herb and root, or the decoction thereof, taken with ſome Venice treacle, and the perſon laid to ſweat, expels any venom or poiſon, or the plague, fever, or other contagious

diſeaſes, as the pox, meaſles, &c. for it is an ingredient in all antidotes or counter poiſons. Andreas Valeſus is of opinion, that the decoction of this root is no leſs effectual to cure the French pox than Guaiacum or China; and it is not unlikely, becauſe it ſo mightily reſiſteth putrefaction. The root taken inwardly is moſt effectual to help any flux of the belly, ſtomach, ſpleen, or blood; and the juice wonderfully opens obſtructions of the liver and lungs, and thereby helpeth the yellow-jaundice. The powder or decoction drank, or to ſit thereon as a bath, is an aſſured remedy againſt abortion in women, if it proceed from the over-flexibility or weakneſs of the inward retentive faculty; as alſo a plaiſter made therewith, and vinegar applied to the reins of the back, doth much help not only this, but alſo thoſe that cannot hold their water, the powder being taken in the juice of plantain, and is commended againſt the worms in children. It is very powerful to ruptures and burſtings, as alſo for bruiſes and falls, to be uſed as well outwardly as inwardly. The root hereof made up with pellitory of Spain and allum, and put into a hollow tooth, not only aſſuageth the pain, but ſtayeth the flux of humours which cauſeth it. Tormentil is no leſs effectual and powerful a remedy againſt outward wounds, ſores and hurts, than for inward, and is therefore a ſpecial ingredient to be uſed in wound drinks, lotions and injections, for foul corrupt rotten ſores and ulcers of the mouth, ſecrets, or other parts of the body. The juice or powder of the root put in ointments, plaiſters, and ſuch things that are applied to wounds or ſores, is very effectual, as the juice of the leaves, and the root bruiſed and applied to the throat, or jaws, healeth the king's evil, and eaſeth the pain of the ſciatica; the ſame uſed with a little vinegar, is a ſpecial remedy againſt the running ſores of the head or other parts; ſcabs alſo, and the itch, or any ſuch eruptions in the ſkin, proceeding of ſalt and ſharp humours. The ſame is alſo effectual for the piles or hæmorrhoids, if they be waſhed or bathed therewith, or with the diſtilled water of the herb and roots. It is found alſo helpful to dry up any ſharp rheum that diſtilleth from the head into the eyes, cauſing redneſs, pain, waterings, itching, or the like, if a little prepared tutia, or white amber, be uſed with the diſtilled water thereof. Many women uſe this water as a ſecret to help themſelves and others, when they are troubled

troubled with too much flowing of the whites or reds, both to drink it, or inject it with a ſyringe. And here is enough, only remember the Sun challengeth this herb.

Turnſole, or, Heliotropium.

Deſcript.] THE greater Turnſole riſeth with one upright ſtalk, about a foot high, or more, dividing itſelf almoſt from the bottom, into divers ſmall branches, of a hoary colour; at each joint of the ſtalk and branches grow ſmall broad leaves, ſomewhat white and hoary. At the tops of the ſtalks and branches ſtand ſmall white flowers, conſiſting of four, and ſometimes five ſmall leaves, ſet in order one above another, upon a ſmall crooked ſpike, which turneth inwards like a bowed finger, opening by degrees as the flowers blow open; after which in their place come forth cornered ſeed, four for the moſt part ſtanding together; the root is ſmall and thready, periſhing every year, and the ſeed ſhedding every year, raiſeth it again the next Spring.

Place.] It groweth in gardens, and flowereth and ſeedeth with us, notwithſtanding it is not natural to this land, but to Spain and France, where it grows plentifully.

Government and Virtues.] It is an herb of the Sun, and a good one too. Dioſcorides ſaith, That a good handful of this, which is called the Great Turnſole, boiled in water, and drank, purgeth both choler and phlegm; and boiled with cummin, helpeth the ſtone in the reins, kidnies, or bladder, provoketh urine and womens courſes, and cauſeth an eaſy and ſpeedy delivery in child-birth. The leaves bruiſed and applied to places pained with the gout, or that have been out of joint, and newly ſet, and full of pain, do give much eaſe; the ſeed and juice of the leaves alſo being rubbed with a little ſalt upon warts or wens, and other kernels in the face, eye-lids, or any other part of the body, will, by often uſing, take them away.

Meadow Trefoil, or, Honeyſuckles.

IT is ſo well known, eſpecially by the name of Honeyſuckles, white and red, that I need not deſcribe them.

Place.] They grow almoſt every where in this land.

Government and Virtues.] Mercury hath dominion over the common ſorts. Dodoneus ſaith, The leaves and

flowers are good to eaſe the griping pains of the gout, the herb being boiled and uſed in a clyſter. If the herb be made into a poultice, and applied to inflammations, it will eaſe them. The juice dropped in the eyes, is a familiar medicine, with many country people, to take away the pin and web (as they call it) in the eyes; it alſo allayeth the heat and blood ſhooting of them. Country people do alſo in many places drink the juice thereof againſt the biting of an adder; and having boiled the herb in water, they firſt waſh the place with the decoction, and then lay ſome of the herb alſo to the hurt place. The herb alſo boiled in ſwine's greaſe, and ſo made into an ointment, is good to apply to the biting of any venomous creatures. The herb alſo bruiſed and heated between tiles, and applied hot to the ſhare, cauſeth them to make water who had it ſtopt before. It is held likewiſe to be good for wounds, and to take away ſeed. The decoction of the herb and flowers, with the ſeed and root, taken for ſome time, helpeth women that are troubled with the whites. The ſeed and flowers boiled in water, and after made into a poultice with ſome oil, and applied, helpeth hard ſwellings and impoſthumes.

Heart Trefoil.

BESIDES the ordinary ſort of Trefoil, here are two more remarkable, and one of which may be probably called Heart Trefoil, not only becauſe the leaf is triangular, like the heart of a man, but alſo becauſe each leaf contains the perfect icon of a heart, and that in its proper colours, viz. a fleſh-colour.

Place.] It groweth between Longford and Bow, and beyond Southwark, by the highway and parts adjacent.

Government and Virtues.] It is under the dominion of the Sun, and if it were uſed, it would be found as great a ſtrengthener of the heart, and cheriſher of the vital ſpirits as grows, relieving the body againſt fainting and ſwoonings, fortifying it againſt poiſon and peſtilence, defending the heart againſt the noiſome vapours of the ſpleen.

Pearl Trefoil.

IT differs not from the common ſort, ſave only in this one particular, it hath a white ſpot in the leaf like a pearl. It is particularly under the dominion of the Moon, and its icon ſheweth that it is of a ſingular virtue againſt the pearl or pin and web in the eyes. Tutſan,

Tutſan, or, Park Leaves.

Deſcript.] IT hath browniſh ſhining round ſtalks, erected the length thereof, riſing two by two, and ſometimes three feet high, branching forth even from the bottom, having divers joints, and at each of them two fair large leaves ſtanding, of a dark bluiſh green colour on the upper ſide, and of a yellowiſh green underneath, turning reddiſh toward Autumn. At the top of the ſtalks ſtand large yellow flowers, and heads with ſeed, which being greeniſh at the firſt, and afterwards reddiſh, turn to be of a blackiſh purple colour when they are ripe, with ſmall browniſh ſeed within them, and they yield a reddiſh juice or liquor, ſomewhat reſinous, of a harſh and ſtyptick taſte, as the leaves and the flowers be, although much leſs, but do not yield ſuch a clear claret wine colour, as ſome ſay it doth; the root is browniſh, ſomewhat great, hard, and woody, ſpreading well in the ground.

Place.] It groweth in many woods, groves, and woody grounds, as parks and foreſts, and by hedge-ſides in many places in this land, as in Hampſtead-wood, by Ratley in Eſſex, in the wilds of Kent, and in many other places needleſs to recite.

Time.] It flowereth later than St. John's or St. Peter's-wort.

Government and Virtues.] It is an herb of Saturn, and a moſt noble anti-venerean. Tutſan purgeth cholerick humours, as St. Peter's-wort is ſaid to do, for therein it worketh the ſame effects, both to help the ſciatica and gout, and to heal burnings by fire; it ſtayeth all the bleedings of wounds, if either the green herb be bruiſed, or the powder of the dry be applied thereto. It hath been accounted, and certainly it is, a ſovereign herb to heal either wound or ſore, either outwardly or inwardly, and therefore always uſed in drinks, lotions, balms, oils, ointments, or any other ſorts of green wounds, old ulcers, or ſores, in all which the continual experience of former ages hath confirmed the uſe thereof to be admirable good, though it be not ſo much in uſe now, as when phyſicians and ſurgeons were ſo wiſe to uſe herbs more than now they do.

Garden Valerian.

Deſcript.] THIS hath a thick ſhort greyiſh root, lying for the moſt part above ground, ſhoot-

ing forth on all other ſides ſuch like ſmall pieces of roots, which have all of them many long green ſtrings and fibres under them in the ground, whereby it draweth nouriſhment. From the head of theſe roots ſpring up many green leaves, which at firſt are ſomewhat broad and long, without any diviſions at all in them, or denting on the edges; but thoſe that riſe up after are more and more divided on each ſide, ſome to the middle rib, being winged, as made of many leaves together on a ſtalk, and thoſe upon a ſtalk, in like manner more divided, but ſmaller towards the top than below; the ſtalk riſeth to be a yard high or more, ſometimes branched at the top, with many ſmall whitiſh flowers, ſometimes daſhing over at the edges with a pale purpliſh colour, of a little ſcent, which paſſing away, there followeth ſmall browniſh white ſeed, that is eaſily carried away with the wind. The root ſmelleth more ſtrong than either leaf or flower, and is of more uſe in medicines.

Place.] It is generally kept with us in gardens.

Time.] It flowereth in June and July, and continueth flowering until the froſt pull it down.

Government and Virtues.] This is under the influence of Mercury. Dioſcorides ſaith, That the Garden Valerian hath a warming faculty, and that being dried and given to drink, it provoketh urine, and helpeth the ſtrangury. The decoction thereof taken, doth the like alſo, and taketh away pains of the ſides, provoketh the womens courſes, and is uſed in antidotes. Pliny ſaith, That the powder of the root given in drink, or the decoction thereof taken, helpeth all ſtoppings and ſtranglings in any part of the body, whether they proceed of pains in the cheſt or ſides, and taketh them away. The root of Valerian boiled with liquorice, raiſins, and anniſeed, is ſingular good for thoſe that are ſhort-winded, and for thoſe that are troubled with the cough, and helpeth to open the paſſages, and to expectorate phlegm eaſily. It is given to thoſe that are bitten or ſtung by any venomous creature, being boiled in wine. It is of a ſpecial virtue againſt the plague, the decoction thereof being drank, and the root being uſed to ſmell to. It helpeth to expel the wind in the belly. The green herb with the root taken freſh, being bruiſed and applied to the head, taketh away the pains and prickings there, ſtayeth rheum and thin diſtillations, and being boiled in white wine, and a drop thereof put into the eyes, taketh away the

the dimneſs of the ſight, or any pin or web therein: It is of excellent property to heal any inward ſores or wounds, and alſo for outward hurts or wounds, and drawing away ſplinters or thorns out of the fleſh.

Vervain.

Deſcript.] THE common Vervain hath ſomewhat long broad leaves next the ground deeply gaſhed about the edges, and ſome only deeply dented, or cut all alike, of a blackiſh green colour on the upper ſide, ſomewhat grey underneath. The ſtalk is ſquare, branched into ſeveral parts, riſing about two feet high, eſpecially if you reckon the long ſpike of flowers at the tops of them, which are ſet on all ſides one above another, and ſometimes two or three together, being ſmall and gaping, of a blue colour and white intermixed, after which come ſmall round ſeed, in ſmall and ſomewhat long heads: The root is ſmall and long, but of no uſe.

Place.] It groweth generally throughout this land in divers places of the hedges and way-ſides, and other waſte grounds.

Time.] It flowereth in July, and the ſeed is ripe ſoon after.

Government and Virtues.] This is an herb of Venus, and excellent for the womb to ſtrengthen and remedy all the cold griefs of it, as Plantain doth the hot. Vervain is hot and dry, opening obſtructions, cleanſing and healing: It helpeth the yellow jaundice, the dropſy and the gout; it killeth and expelleth worms in the belly, and cauſeth a good colour in the face and body, ſtrengtheneth as well as correcteth the diſeaſes of the ſtomach, liver, and ſpleen; helps the cough, wheezings, and ſhortneſs of breath, and all the defects of the reins and bladder, expelling the gravel and ſtone. It is held to be good againſt the biting of ſerpents, and other venomous beaſts, againſt the plague, and both tertian and quartan agues. It conſolidateth and healeth alſo all wounds, both inward and outward, ſtayeth bleedings, and uſed with ſome honey, healeth all old ulcers and fiſtulas in the legs or other parts of the body; as alſo thoſe ulcers that happen in the mouth; or uſed with hog's grea e, it helpeth the ſwellings and pains of the ſecret parts in man or woman, alſo for the piles or hæmorrhoids; applied with ſome oil of roſes and vinegar

unto the forehead and temples, it eaſeth the inveterate pains and ach of the head, and is good for thoſe that are frantick. The leaves bruiſed, or the juice of them mixed with ſome vinegar, doth wonderfully cleanſe the ſkin, and taketh away morphew, freckles, fiſtulas, and other ſuch like inflammations and deformities of the ſkin in any part of the body. The diſtilled water of the herb when it is in full ſtrength, dropped into the eyes, cleanſeth them from films, clouds, or miſts, that darken the ſight, and wonderfully ſtrengthens the optick nerves: The ſaid water is very powerful in all the diſeaſes aforeſaid, either inward or outward, whether they be old corroding ſores, or green wounds.

The Vine.

THE leaves of the Engliſh Vine (I do not mean to ſend you to the Canaries for a medicine) being boiled, make a good lotion for ſore mouths; being boiled with barley meal into a poultice, it cools inflammations of wounds; the dropping of the Vine, when it is cut in the Spring, which country people call Tears, being boiled in a ſyrup, with ſugar, and taken inwardly, is excellent to ſtay womens longings after every thing they ſee, which is a diſeaſe many women with child are ſubject to. The decoction of Vine leaves in white wine doth the like; alſo the tears of the Vine, drank two or three ſpoonfuls at a time, breaks the ſtone in the bladder. This is a very good remedy, and it is diſcreetly done to kill a Vine to cure a man, but the ſalt of the leaves are held to do better. The aſhes of the burnt branches will make teeth that are as black as a coal, to be as white as ſnow, if you but every morning rub them with it. It is a moſt gallant Tree of the Sun, very ſympathetical with the body of man, and that is the reaſon ſpirit of wine is the greateſt cordial among all vegetables.

Violets.

BOTH the tame and the wild are ſo well known, that they need no deſcription.

Time] They flower until the end of July, but are beſt in March, and the beginning of April.

Government and Virtues.] They are a fine, pleaſing plant of Venus, of a mild nature, no way harmful. All the Violets are cold and moiſt while they are freſh and green, and

and are uſed to cool any heat, or diſtemperature of the body, either inwardly or outwardly, as inflammations in the eyes, in the matrix or ſundament, in impoſthumes alſo, and hot ſwellings, to drink the decoction of the leaves and flowers made with water and wine, or to apply them poultice-wiſe to the grieved places; it likewiſe eaſeth pains in the head, cauſed through want of ſleep; or any other pains ariſing of heat, being applied in the ſame manner, or with oil of roſes. A dram weight of the dried leaves or flowers of Violets, but the leaves more ſtrongly, doth purge the body of choleric humours, and aſſuageth the heat, being taken in a draught of wine, or any other drink; the powder of the purple leaves of the flowers, only picked and dried and drank in water, is ſaid to help the quinſy and the falling ſickneſs in children, eſpecially in the beginning of the diſeaſe. The flowers of the white Violets ripen and diſſolve ſwellings. The herb or flowers, while they are freſh, or the flowers when dry, are effectual in the pleuriſy, and all diſeaſes of the lungs, to lenify the ſharpneſs of the rheums, and the hoarſeneſs of the throat, the heat and ſharpneſs of urine, and all the pains of the back or reins and bladder. It is good alſo for the liver and jaundice, and all hot agues, to cool the liver and quench the thirſt; but the ſyrup of Violets is of moſt uſe and of better effect, being taken in ſome convenient liquor; and if a little of the juice or ſyrup of lemons be put to it, or a few drops of the oil of vitriol, it is made thereby the more powerful to cool the heat and quench the thirſt, and giveth to the drink a claret wine colour, and a fine tart reliſh, pleaſing the taſte. Violets taken, or made up with honey, do more cleanſe and cool, and with ſugar contrary-wiſe. The dried flowers of Violets are accounted among the cordial drinks, powders, and other medicines, eſpecially where cooling cordials are neceſſary. The green leaves are uſed with other herbs to make plaiſters and poultices for inflammations and ſwellings, and to eaſe all pains whatſoever, ariſing of heat, and for the piles alſo, being fried with yolks of eggs and applied thereto.

Viper's Bugloſs.

Deſcript.] THIS hath many long rough leaves lying on the ground, from among which ariſe up

divers hard round ſtalks, very rough, as if they were thick ſet with prickles or hairs, whereon are ſet ſuch like rough, hairy, or prickly ſad green leaves, ſomewhat narrow: the middle rib being for the moſt part white. The flowers ſtand at the top of the ſtalk, branched forth in many long ſpiked leaves of flowers, bowing or turning like the turnſole, all opening for the moſt part on the one ſide, which are long and hollow, turning up the brims a little, of a purpliſh violet colour in them that are fully blown, but more reddiſh while they are in the bud, as alſo upon their decay and withering; but in ſome places of a paler purple colour, with a long pointel in the middle, feathered or parted at the top. After the flowers are fallen, the ſeeds growing to be ripe, are blackiſh, cornered and pointed ſomewhat like the head of a viper. The root is ſomewhat great and blackiſh, and wooly, when it groweth towards ſeed time, and periſheth in the Winter.

There is another ſort, little differing from the former, only in this, that it beareth white flowers.

Place.] The firſt groweth wild almoſt everywhere. That with white flowers about the caſtle-walls in Lewes in Suſſex.

Time.] They flower in Summer, and their ſeed is ripe quickly after.

Government and Virtues.] It is a moſt gallant herb of the Sun; it is a pity it is no more in uſe than it is. It is an eſpecial remedy againſt the biting of the Viper, and all other venomous beaſts or ſerpents; as alſo againſt poiſon, or poiſonful herbs. Dioſcorides and others ſay, that whoſoever ſhall take of the herb or root before they be bitten, ſhall not be hurt by the poiſon of any ſerpent. The root or ſeed is thought to be moſt effectual to comfort the heart, and expel ſadneſs, or cauſeleſs melancholy; it tempers the blood, and allayeth hot fits of agues. The ſeed drank in wine, procureth abundance of milk in womens breaſts. The ſame alſo being taken eaſeth the pains in the loins, back and kidnies. The diſtilled water of the herb, when it is in flower, or its chief ſtrength, is excellent to be applied inwardly or outwardly, for all the griefs aforeſaid. There is a ſyrup made hereof very effectual for the comforting the heart, and expelling ſadneſs and melancholy.

Wall-

Wall-Flowers, or Winter-Gilliflowers.

THE garden kind are ſo well known, that they need no deſcription.

Deſcript.] The common ſingle Wall-Flowers, which grow wild abroad, have ſundry ſmall, long, narrow, dark green leaves, ſet without order upon ſmall, round whitiſh woody ſtalks, which bear at the tops divers ſingle yellow flowers one above another, every one bearing four leaves a-piece, and of a very ſweet ſcent; after which come long pods, containing a reddiſh ſeed. The roots are white, hard and thready.

Place.] It groweth upon church-walls and old walls of many houſes, and other ſtone-walls in divers places. The other ſort in gardens only.

Time.] All the ſingle kinds do flower many times in the end of Autumn; and if the Winter be mild, all the Winter long, but eſpecially in the months of February, March and April, until the heat of the Spring do ſpend them. But the double kinds continue not flowering in that manner all the year long, although they flower very early ſometimes, and in ſome places very late.

Government and Virtues.] The Moon rules them. Galen, in his ſeventh book of ſimple medicines, ſaith, that the yellow Wall-Flowers work more powerfully than any of the other kinds, and are therefore of more uſe in phyſic. It cleanſeth the blood, and freeth the liver and reins from obſtructions, provoketh womens courſes, expelleth the ſecundine, and the dead child; helpeth the hardneſs and pains of the mother, and of the ſpleen alſo; ſtayeth inflammations and ſwellings, comforteth and ſtrengtheneth any weak part, or out of joint; helpeth to cleanſe the eyes from miſtineſs and films on them, and to cleanſe the filthy ulcer in the mouth, or any other part, and is a ſingular remedy for the gout, and all achs and pains in the joints and ſinews. A conſerve made of the flowers, is uſed for a remedy both for the apoplexy and palſy.

The Walnut-Tree.

IT is ſo well known, that it needeth no deſcription.

Time.] It bloſſometh early before the leaves come forth, and the fruit is ripe in September.

Government and Virtues.] This is alſo a plant of the Sun. Let the fruit of it be gathered accordingly, which you

ſhall find to be of moſt virtues whilſt they are green, before they have ſhells. The bark of the Tree doth bind and dry very much, and the leaves are much of the ſame temperature; but the leaves, when they are older, are heating and drying in the ſecond degree, and harder of digeſtion than when they are freſh, which by reaſon of their ſweetneſs, are more pleaſing and better digeſting in the ſtomach; and taken with ſweet wine, they move the belly downwards, but being old, they grieve the ſtomach; and in hot bodies cauſe the choler to abound, and the head-ach, and are an enemy to thoſe that have the cough; but are leſs hurtful to thoſe that have a colder ſtomach, and are ſaid to kill the broad worms in the belly or ſtomach. If they be taken with onions, ſalt and honey, they help the biting of a mad dog, or the venom, or infectious poiſon of any beaſt, &c. Caius Pompeius found in the treaſury of Mithridates, king of Pontus, when he was overthrown, a ſcroll of his own hand-writing, containing a medicine againſt any poiſon or infection; which is this: Take two dry Walnuts, and as many good figs, and twenty leaves of rue, bruiſed and beaten together, with two or three corns of ſalt, and twenty juniper berries, which take every morning faſting, preſerveth from danger of poiſon and infection that day it is taken. The juice of the other green huſks, boiled with honey is an excellent gargle for a ſore mouth, or the heat and inflammations in the throat and ſtomach. The kernels when they grow old, are more oily, and therefore not fit to be eaten, but are then uſed to heal the wounds of the ſinews, gangrenes, and carbuncles. The ſaid kernels being burned, are then very aſtringent, and will ſtay laſks and womens courſes, being taken in red wine, and ſtay the falling of the hair, and make it fair, being anointed with oil and wine. The green huſks will do the like, being uſed in the ſame manner. The kernels beaten with rue and wine, being applied, helpeth the quinſy; and bruiſed with ſome honey, and applied to the ears, eaſeth the pains and inflammations of them. A piece of the green huſks put into a hollow tooth, eaſeth the pain. The catkins hereof, taken before they fall off, dried, and given a dram thereof in powder with wine, wonderfully helpeth thoſe that are troubled with the riſing of the mother. The oil that is preſſed out

of

of the kernels, is very profitable taken inwardly like oil of almonds, to help the colic, and to expel wind very effectually; an ounce or two thereof may be taken at any time. The young green nuts taken before they be half ripe, and preſerved with ſugar, are of good uſe for thoſe that have weak ſtomachs or defluctions thereon. The diſtilled water of the green huſks, before they be half ripe, is of excellent uſe to cool the heat of agues, being drank an ounce or two at a time; as alſo to reſiſt the infection of the plague, if ſome of the ſame be alſo applied to the ſores thereof. The ſame alſo cooleth the heat of green wounds and old ulcers, and healeth them, being bathed therewith. The diſtilled water of the green huſks being ripe, when they are ſhelled from the nuts, and drank with a little vinegar, is good for the plague, ſo as before the taking thereof a vein be opened. The ſaid water is very good againſt the quinſy, being gargled and bathed therewith, and wonderfully helpeth deafneſs and noiſe, and other pains in the ears. The diſtilled water of the young green leaves in the end of May, performeth a ſingular cure of foul running ulcers and ſores, to be bathed, with wet cloths or ſponges applied to them every morning.

Wold, Weld, or Dyer's Weed.

THE common kind groweth buſhing with many leaves, long, narrow and flat upon the ground; of a dark bluiſh green colour, ſomewhat like unto Woad, but nothing like ſo large, a little crumpled, and as it were round pointed, which do ſo abide the firſt year; and the next Spring from among them riſe up divers round ſtalks, two or three feet high, beſet with many ſuch like leaves thereon, but ſmaller, and ſhooting forth ſmall branches, which with the ſtalks carry many ſmall yellow flowers, in a long ſpiked head at the top of them, where afterwards come the ſeed, which is ſmall and black, incloſed in heads that are divided at the tops in four parts. The root is long, white, and thick, abiding the Winter. The whole herb changeth to be yellow, after it hath been in flower awhile.

Place.] It groweth every where by the way-ſides, in moiſt grounds, as well as dry, in corners of fields and bye-lanes, and ſometimes all over the field. In Suſſex and Kent they call it Green Weed.

Time.]

Time.] It flowereth about June.

Government and Virtues.] Matthiolus ſaith, that the root hereof cureth tough phlegm, digeſteth raw phlegm, thinneth groſs humours, diſſolveth hard tumours, and openeth obſtructions. Some do highly commend it againſt the bitings of venomous creatures, to be taken inwardly and applied outwardly to the hurt place; as alſo for the plague or peſtilence. The people in ſome counties of this land, do uſe to bruiſe the herb, and lay it to cuts or wounds in the hands or legs, to heal them.

Wheat.

ALL the ſeveral kinds hereof are ſo well known unto almoſt all people, that it is altogether needleſs to write a deſcription thereof.

Government and Virtues.] It is under Venus. Dioſcorides ſaith, that to eat the corn of green Wheat is hurtful to the ſtomach, and breedeth worms. Pliny ſaith, that the corn of Wheat roaſted upon an iron pan, and eaten, are a preſent remedy for thoſe that are chilled with cold. The oil preſſed from Wheat, between two thick plates of iron or copper, heated, healeth all tetters and ringworms, being uſed warm; and hereby Galen ſaith, he hath known many to be cured. Matthiolus commendeth the ſame to be put into hollow ulcers to heal them up, and it is good for chops in the hands and feet, and to make rugged ſkin ſmooth. The green corns of wheat being chewed and applied to the place bitten by a mad dog, heals it; ſlices of Wheat bread ſoaked in red roſe water, and applied to the eyes that are hot, red and inflamed, or blood ſhotten, helpeth them. Hot bread applied for an hour at times, for three days together, perfectly healeth the kernels in the throat, commonly called the king's evil. The flower of Wheat mixed with the juice of henbane, ſtay the flux of humours to the joints, being laid thereon. The ſaid meal boiled in vinegar helpeth the ſhrinking of the ſinews, ſaith Pliny; and mixed with vinegar, and boiled together, healeth all freckles, pimples and ſpots on the face. Wheat flour mixed with the yolk of an egg, honey and turpentine, doth draw, cleanſe and heal any boil, plague ſore or foul ulcer. The bran of Wheat meal ſteeped in vinegar, and bound in a linen cloth

cloth and rubbed on the places that have the ſcurf, morphew, ſcabs or leproſy, will take them away, the body being firſt well purged and prepared. The decoction of the bran of Wheat or barley, is of good uſe to bathe thoſe places that are burſten by a rupture, and the ſaid bran boiled in good vinegar, and applied to ſwollen breaſts, helpeth them, and ſtayeth all inflammations. It helpeth alſo the biting of vipers (which I take to be no other than our Engliſh adder) and all other venomous creatures. The leaves of wheat meal, applied with ſalt, take away hardneſs of the ſkin, warts and hard knots in the fleſh. Starch moiſtened in roſe water, and laid to the cods, taketh away their itching. Waſters put in water, and drank, ſtayeth the laſks and bloody flux, and are profitably uſed both inwardly and outwardly for the ruptures in children. Boiled in water unto a thick jelly, and taken, it ſtayeth ſpitting of blood; and boiled with mint and butter, it helpeth the hoarſeneſs of the throat.

The Willow Tree.

THESE are ſo well known that they need no deſcription. I ſhall therefore only ſhew you the virtues thereof.

Government and Virtues.] The Moon owns it. Both the leaves, bark, and the ſeed, are uſed to ſtaunch bleeding of wounds, and at mouth and noſe, ſpitting of blood, and other fluxes of blood in man or woman, and to ſtay vomiting, and provocation thereunto, if the decoction of them in wine be drank. It helpeth alſo to ſtay thin, hot, ſharp ſalt diſtillations from the head upon the lungs, cauſing a conſumption. The leaves bruiſed with ſome pepper, and drank in wine, helps much the wind colick. The leaves bruiſed and boiled in wine, ſtayeth the heat of luſt in man or woman, and quite extinguiſheth it, if it be long uſed: The ſeed is alſo of the ſame effect. Water that is gathered from the Willow, when it flowereth, the bark being ſlit, and a veſſel fitting to receive it, is very good for redneſs and dimneſs of ſight, or films that grow over the eyes, and ſtay the rheums that fall into them; to provoke urine, being ſtopped, if it be drank; to clear the face and ſkin from ſpots and diſcolourings. Galen ſaith, The flowers have an admirable faculty in drying up humours, being a medicine without any ſharpneſs or corroſion; you may boil them

them in white wine, and drink as much as you will, ſo you drink not yourſelf drunk. The bark works the ſame effect, if uſed in the ſame manner, and the tree hath always a bark upon it, though not always flowers; the burnt aſhes being mixed with vinegar taketh away warts, corns and ſuperfluous fleſh, being applied to the place. The decoction of the leaves or bark in wine, takes away ſcurf and dandriff by waſhing the place with it. It is a fine cool tree, the boughs of which are very convenient to be placed in the chamber of one ſick of a fever.

Woad.

Deſcript.] IT hath divers large leaves, long and ſomewhat broad withal, like thoſe of the great plantain, but larger, thicker, of a greeniſh colour, ſomewhat blue withal. From among which leaves riſeth up a luſty ſtalk, three or four feet high, with divers leaves ſet thereon; the higher the ſtalk riſeth, the ſmaller are the leaves; at the top it ſpreadeth divers branches, at the end of which appear very pretty, little yellow flowers, and after they paſs away like other flowers of the field, come huſks, long and ſomewhat flat withal; in form they reſemble a tongue, in colour they are black, and they hang bobbing downwards. The ſeed contained within theſe huſks (if it be a little chewed) give an azure colour. The root is white and long.

Place.] It is ſowed in fields for the benefit of it, where thoſe that ſow it, cut it three time a year.

Time.] It flowers in June, but it is long after before the ſeed is ripe.

Government and Virtues.] It is a cold and dry plant of Saturn. Some people affirm the plant to be deſtructive to bees, and fluxes them, which if it be, I cannot help it. I ſhould rather think, unleſs bees be contrary to other creatures, it poſſeſſeth them with the contrary diſeaſe, the herb being exceeding dry and binding. However, if any bees be diſeaſed thereby, the cure is, to ſet urine by them, but ſet it in a veſſel, that they cannot drown themſelves, which may be remedied, if you put pieces of cork in. The herb is ſo drying and binding that it is not fit to be given inwardly. An ointment made thereof ſtancheth bleeding. A plaiſter made thereof and applied to the region of the ſpleen which lies on the left ſide, takes away the hardneſs and pains thereof. The ointment

is

is excellent good in ſuch ulcers as abound with moiſture, and takes away the corroding and fretting humours. It cools inflammations, quencheth St. Anthony's fire, and ſtayeth defluction of the blood to any part of the body.

Woodbine, or Honey-Suckles.

IT is a plant ſo common, that every one that hath eyes knows it, and he that hath none, cannot read a deſcription, if I ſhould write it.

Time.] They flower in June, and the fruit is ripe in Auguſt.

Government and Virtues.] Doctor Tradition, that grand introducer of errors, that hater of truth, that lover of folly, and that mortal foe to Dr. Reaſon, hath taught the common people to uſe the leaves or flowers of this plant in mouth water, and by long continuance of time, hath ſo grounded it in the brains of the vulgar, that you cannot beat it out with a beetle. All mouth waters ought to be cooling and drying, but Honey-Suckles are cleanſing, conſuming and digeſting, and therefore no way fit for inflammations; thus Dr. Reaſon. Again, if you pleaſe, we will leave Dr. Reaſon awhile, and come to Dr. Experience, a learned gentleman, and his brother: Take a leaf and chew it in your mouth, and you will quickly find it likelier to cauſe a ſore mouth and throat than cure it. If it be not good for this, What is it good for? It is good for ſomething, for God and nature made nothing in vain. It is an herb of Mercury, and appropriated to the lungs; the celeſtial Crab claims dominion over it; neither is it a foe to the Lion; if the lungs be afflicted by Jupiter, this is your cure. It is fitting a conſerve made of the flowers of it were kept in every gentlewoman's houſe: I know no better cure for an aſthma than this; beſides, it takes away the evil of the ſpleen, provokes urine, procures ſpeedy delivery of women in travail, helps cramps, convulſions, and palſies, and whatſoever griefs come of cold or ſtopping; if you pleaſe to make uſe of it as an ointment, it will clear your ſkin of morphew, freckles, and ſun-burnings, or whatever elſe diſcolours it, and then the maids will love it. Authors ſay, the flowers are of more effect than the leaves, and that is true; but they ſay the ſeeds are leaſt effectual of all. But Dr. Reaſon told me, that there was a vital ſpirit in every ſeed to beget its like; and

Dr.

Dr. Experience told me, that there was a greater heat in the ſeed than there was in any other part of the plant; and withal, that heat was the mother of action, and then judge if old Dr. Tradition (who may well be honoured for his age, but not for his goodneſs) hath not ſo poiſoned the world with errors before I was born, that it was never well in its wits ſince, and there is great fear it will die mad.

Wormwood.

THREE Wormwoods are familiar with us; one I ſhall not deſcribe, another I ſhall deſcribe, and the third be critical at; and I care not greatly if I begin with the laſt firſt.

Sea Wormwood hath gotten as many names as virtues, (and perhaps one more) Seriphian, Santonicon, Belchion, Narbinenſe, Hantonicon, Miſneule, and a matter of twenty more which I ſhall not blot paper withal. A Papiſt got the toy by the end, and he called it Holy Wormwood; and in truth, I am of opinion, their giving ſo much holineſs to herbs, is the reaſon there remains ſo little in themſelves. The ſeed of this wormwood is that which uſually women give their children for the worms. Of all wormwoods that grow here, this is the weakeſt, but doctors commend it, and apothecaries ſell it; the one muſt keep his credit, and the other get money, and that is the key of the work. The herb is good for ſomething, becauſe God made nothing in vain. Will you give me leave to weigh things in the balance of reaſon; then thus: The ſeeds of the common Wormwood are far more prevalent than the ſeed of this to expel worms in children, or people of ripe age; of both ſome are weak, ſome are ſtrong. The Seriphian Wormwood is the weakeſt, and haply may prove to be fitteſt for the weak bodies, (for it is weak enough of all conſcience.) Let ſuch as are ſtrong take the common Wormwood, for the others will do but little good. Again, near the ſea many people live, and Seriphian grows near them, and therefore is more fitting for their bodies, becauſe nouriſhed by the ſame air; and this I had from Dr. Reaſon. In whoſe body Dr. Reaſon dwells not, dwells Dr. Madneſs, and he brings in his brethren, Dr. Ignorance, Dr. Folly, and Dr. Sickneſs, and theſe together make way for death, and the latter end of that man is worſe than the beginning. Pride was

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the cauſe of Adam's fall; pride begat a daughter, I do not know the father of it, unleſs the devil, but ſhe chriſtened it, and called it Appetite, and ſent her daughter to taſte theſe Wormwoods, who finding this the leaſt bitter, made the ſqueamiſh wench extol it to the ſkies, though the virtues of it never reached to the middle region of the air. Its due praiſe is this: It is weakeſt, therefore fitteſt for weak bodies, and fitter for thoſe bodies that dwell near it, than thoſe that live far from it; my reaſon is, the ſea (thoſe that live far from it, know when they come near it) caſteth not ſuch a ſmell as the land doth. The tender mercies of God being over all his works, hath by his eternal Providence planted Seriphian by the ſea ſide, as a fit medicine for the bodies of thoſe that live near it. Laſtly, it is known to all that know any thing in the courſe of nature, that the liver delights in ſweet things, if ſo it abhors bitter; then if your liver be weak, it is none of the wiſeſt courſes to plague it with an enemy. If the liver be weak, a conſumption follows. Would you know the reaſon? It is this, a man's fleſh is repaired by blood, by a third concoction, which tranſmutes the blood into fleſh; it is well I ſaid (concoction) ſay I, if I had ſaid (boiling) every cook would have underſtood me. The liver makes blood, and if it be weakened that it makes not enough, the fleſh waſteth; and why muſt fleſh always be renewed? Becauſe the eternal God, when he made the creation, made one part of it in continual dependency upon another. And why did he ſo? Becauſe himſelf only is permanent, to teach us, That we ſhould not fix our affections upon what is tranſitory, but upon what endures for ever. The reſult of this is, if the liver be weak, and cannot make blood enough, (I would have ſaid ſanguify, if I had only written to ſcholars) the Seriphian, which is the weakeſt of Wormwoods, is better than the beſt. I have been critical enough, if not too much.

Place.] It grows familiarly in England, by the ſea-ſide.

Deſcript.] It ſtarts up out of the earth, with many round, woody, hairy ſtalks from one root. Its height is four feet, or three at leaſt. The leaves in longitude are long, in latitude narrow, in colour white, in form hoary, in ſimilitude like Southernwood, only broader and longer; in taſte rather ſalt than bitter, becauſe it grows ſo near the ſalt water. At the joints, with the leaves toward the tops, it bears little yellow flowers; the root lies deep and is woody.

Commen

Common Wormwood I ſhall not deſcribe, for every boy that can eat an egg knows it.

Roman Wormwood; and why Roman, ſeeing it grows familiarly in England? It may be ſo called, becauſe it is good for a ſtinking breath, which the Romans cannot be very free from, maintaining ſo many bawdy-houſes by authority of his Holineſs.

Deſcript.] The ſtalks are ſlender, and ſhorter than the common Wormwood by one foot at leaſt; the leaves are more finely cut and divided than they are, but ſomething ſmaller; both leaves and ſtalks are hoary, the flowers of a pale yellow colour; it is altogether like the common Wormwood, ſave only in bigneſs, for it is ſmaller; in taſte, for it is not bitter; in ſmell, for it is ſpicy.

Place.] It groweth upon the tops of the mountains (it ſeems 'tis aſpiring) there 'tis natural, but uſually nurſed up in gardens for the uſe of the apothecaries in London.

Time.] All Wormwoods uſually flower in Auguſt, a little ſooner or later.

Government and Virtues.] Will you give me leave to be critical a little? I muſt take leave: Wormwood is an herb of Mars, and if Pontanus ſay otherwiſe, he is beſide the bridge; I prove it thus: What delights in martial places is a martial herb; but Wormwood delights in martial places, (for about forges and iron works you may gather a cart-load of it) *ergo*, it is a martial herb. It is hot and dry in the firſt degree, viz. juſt as hot as your blood, and no hotter. It remedies the evils choler can inflict on the body of man by ſympathy. It helps the evils Venus and the wanton Boy produce, by antipathy; and it doth ſomething elſe beſides. It cleanſeth the body of choler (who dares ſay Mars doth no good?) It provokes urine, helps ſurfeits, or ſwellings in the belly; it cauſeth appetite to meat, becauſe Mars rules the attractive faculty in man. The ſun never ſhone upon a better herb for the yellow jaundice than this. Why ſhould men cry out ſo much upon Mars for an unfortunate, (or Saturn either?) Did God make creatures to do the creation a miſchief? This herb teſtifies, that Mars is willing to cure all diſeaſes he cauſes; the truth is, Mars loves no cowards, nor Saturn fools, nor I neither. Take of the flowers of Wormwood, Roſemary, and Black Thorn, of each a like quantity, half that quantity

quantity of ſaffron; boil this in Rheniſh wine, but put it not in ſaffron till it is almoſt boiled: this is the way to keep a man's body in health, appointed by Camerarius, in his book, intitled, *Hortus Medicus*, and it is a good one too. Beſides all this, Wormwood provokes the terms. I would willingly teach aſtrologers, and make them phyſicians (if I knew how) for they are moſt fitting for the calling; if you will not believe me, aſk Dr. Hippocrates, and Dr. Galen, a couple of gentlemen, that our College of Phyſicians keep to vapour with, not to follow. In this herb, I ſhall give the pattern of a ruler, the ſons of art rough caſt, yet as near the truth as the men of Benjamin could throw a ſtone; whereby my brethren, the aſtrologers, may know by a penny how a ſhilling is coined. As for the College of Phyſicians, they are too ſtately to learn, and too proud to continue. They ſay a mouſe is under the dominion of the Moon, and that is the reaſon they feed in the night; the houſe of the Moon is Cancer; rats are of the ſame nature with mice, but they are a little bigger; Mars receives his fall in Cancer, *ergo*, Wormwood being an herb of Mars, is a preſent remedy for the biting of rats and mice. Muſhrooms (I cannot give them the title of Herba, Frutex, or Arbor) are under the dominion of Saturn, (and take one time with another, they do as much harm as good;) if any have poiſoned himſelf by eating them, Wormwood, an herb of Mars, cures him, becauſe Mars is exalted in Capricorn, the houſe of Saturn, and that it doth by ſympathy, as it did the other by antipathy. Wheals, puſhes, black and blue ſpots, coming either by bruiſes or beatings, Wormwood, an herb of Mars, helps, becauſe Mars, (as bad as you love him, and as you hate him) will not break your head, but he will give you a plaiſter. If he do but teach you to know yourſelves, his courteſy is greater than his diſcourteſy. The greateſt antipathy between the planets, is between Mars and Venus; one is hot, the other cold; one diurnal, the other nocturnal; one dry, the other moiſt: their houſes are oppoſite, one maſculine, the other feminine; one public, the other private; one is valiant, the other effeminate; one loves the light, the other hates it; one loves the field, the other ſheets; then the throat is under Venus, the quinſy lies in the throat, and is an inflammation there: Venus rules the throat (it being under Taurus her ſign.) Mars eradi-

eradicates all diſeaſes in the throat by his herb, (of which Wormwood is one) and ſends them to Egypt on an errand never to return more, this done by antipathy. The eyes are under the Luminaries; the right-eye of a man, and the left of a woman, the Sun claims dominion over; the left-eye of a man, and the right eye of a woman, are privileges of the Moon; Wormwood, an herb of Mars, cures both; what belongs to the Sun by ſympathy, becauſe he is exalted in his houſe; but what belongs to the Moon by antipathy, becauſe he hath his fall in her's. Suppoſe a man be bitten or ſtung by a martial creature, imagine a waſp, a hornet, a ſcorpion, Wormwood, an herb of Mars, giveth you a preſent cure; then Mars, choleric as he is, hath learned that patience, to paſs by your evil ſpeeches of him, and tells you by my pen, that he gives you no affliction, but he gives you a cure; you need not run to Apollo, nor Æſculapius; and if he was ſo choleric as you make him to be, he would have drawn his ſword for anger, to ſee the ill conditions of thoſe people that can ſpy his vices, and not his virtues. The eternal God, when he made Mars, made him for public good, and the ſons of men ſhall know it in the latter end of the world. *E cælum Mars ſolus habet.* You ſay Mars is a deſtroyer; mix a little Wormwood, an herb of Mars, with your ink, neither rats nor mice touch the paper written with it, and then Mars is a preſerver. Aſtrologers think Mars cauſeth ſcabs and itch, and the Virgins are angry with him, becauſe wanton Venus told them he deforms their ſkins; but, quoth Mars, my only deſire is, they ſhould know themſelves; my herb, Wormwood, will reſtore them to the beauty they formerly had, and in that I will not come an inch behind my oppoſite, Venus; for which doth the greateſt evil, he that takes away an innate beauty, and when he has done, knows how to reſtore it again? Or ſhe that teaches a company of wanton laſſes to paint their faces? If Mars be in a Virgin, in the nativity, they ſay he cauſeth the cholic, (it is well God hath ſet ſomebody to pull down the pride of man.) He in the Virgin troubles none with the cholic, but them that know not themſelves (for who knows himſelf, may eaſily know all the world.) Wormwood, an herb of Mars, is a preſent cure for it; and whether it be moſt like a Chriſtian to love him for his good, or hate him for his evil, judge ye. I had almoſt forgotten, that

charity

charity thinks no evil. I was once in the Tower and viewed the wardrobe, and there was a great many fine cloaths: (I can give them no other title, for I was never either linen or woollen-draper) yet as brave as they looked, my opinion was that the moths might conſume them; moths are under the dominion of Mars; this herb Wormwood being laid among cloaths, will make a moth ſcorn to meddle with the cloaths, as much as a lion ſcorns to meddle with a mouſe, or an eagle with a fly. You may ſay Mars is angry, and it is true enough he is angry with many countrymen, for being ſuch fools to be led by the noſes by the College of Phyſicians, as they lead bears to Paris garden. Melancholy men cannot endure to be wronged in point of good fame, and that doth ſorely trouble old Saturn, becauſe they call him the greateſt unfortunate; in the body of man he rules the ſpleen, (and that makes covetous men ſo ſplenetic) the poor old man lies crying out of his left ſide. Father Saturn's angry, Mars comes to him; Come, brother, I confeſs thou art evil ſpoken of, and ſo am I: thou knoweſt I have my exaltation in thy houſe, I give him an herb of mine, Wormwood, to cure the poor man: Saturn conſented, but ſpoke little, and Mars cured him by ſympathy. When Mars was free from war, (for he loves to be fighting, and is the beſt friend a ſoldier hath) I ſay, when Mars was free from war, he called a council of war in his own brain, to know how he ſhould do poor ſinful man good, deſiring to forget his abuſes in being called an unfortunate. He muſters up his own forces, and places them in battalia. Oh! quoth he, why do I hurt a poor ſilly man or woman? His angel anſwers him, It is becauſe they have offended their God. (Look back to Adam!) Well, ſays Mars, though they ſpeak evil of me, I will do good to them; Death's cold, my herb ſhall heat them; they are full of ill humours (elſe they would never have ſpoken ill of me;) my herb ſhall cleanſe them, and dry them; they are poor weak creatures, my herb ſhall ſtrengthen them; they are dull-witted, my herb ſhall fortify their apprehenſions; and yet among aſtrologers all this does not deſerve a good word: Oh the patience of Mars!

Felix qui potuit rerum cognoſcere cauſas,
Inque domus ſuperum ſcandere cura facit.
Oh happy he that can the knowledge gain,
To know th' eternal God made nought in vain.

To

To this I add,

I know the reaſon cauſeth ſuch a dearth
Of knowledge; 'tis becauſe men love the earth.

The other day Mars told me he met with Venus, and he aſked her, What was the reaſon that ſhe accuſed him for abuſing women? He never gave them the pox. In the diſpute they fell out, and in anger parted, and Mars told me that his brother Saturn told him, that an anti-venerean medicine was the beſt againſt the pox. Once a month he meets with the Moon. Mars is quick enough of ſpeech, and the Moon not much behind hand, (neither are moſt women.) The Moon looks much after children, and children are much troubled with the worms; ſhe deſired a medicine of him, he bid her take his own herb, Wormwood. He had no ſooner parted with the Moon but he met with Venus, and ſhe was as drunk as a bitch: alas! poor Venus, quoth he, What! thou a fortune, and be drunk? I'll give thee an antipathetical cure; take my herb, Wormwood, and thou ſhall never get a ſurfeit by drinking. A poor ſilly countryman hath got an ague, and cannot go about his buſineſs; he wiſhes he had it not, and ſo do I; but I will tell him a remedy, whereby he ſhall prevent it: Take the herb of Mars, Wormwood, and if infortunes will do good, what will fortunes do? Some think the lungs are under Jupiter; and if the lungs, then the breath; and though ſometimes a man gets a ſtinking breath, and yet Jupiter is a fortune, forſooth; up comes Mars to him; Come, brother Jupiter, thou knoweſt I ſent thee a couple of trines to thy houſe laſt night, the one from Aries, and the other from Scorpio; give me thy leave by ſympathy to cure this poor man with drinking a glaſs of Wormwood beer every morning. The Moon was weak the other day, and ſhe gave a man two terrible miſchiefs, a dull brain and a weak ſight; Mars laid by his ſword, and comes to her, Siſter Moon, ſaid he, this man hath angered thee, but I beſeech thee take notice he is but a fool; prithee be patient, I will with my herb Wormwood cure him of both infirmities by antipathy, for thou knoweſt thou and I cannot agree, with that the Moon began to quarrel; Mars (not delighting much in womens tongues) went away, and did it whether ſhe would or no.

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He that reads this and underſtands what he reads, hath a jewel of more worth than a diamond; he that underſtands it not, is as little fit to give phyſic. There lies a key in theſe words which will unlock, (if it be turned by a wiſe hand) the cabinet of phyſic. I have delivered it as plain as I durſt; it is not only upon Wormwood as I wrote, but upon all plants, trees, and herbs; he that underſtands it not, is unfit (in my opinion) to give phyſic. This ſhall live when I am dead; and thus I leave it to the world, not caring a farthing whether they like or diſlike it. The grave equals all men, and therefore ſhall equal me with all princes; until which time the eternal Providence is over me. Then the ill tongue of a prating fellow, or one that hath more tongue than wit, or more proud than honeſt, ſhall never trouble me, *Wiſdom is juſtified by her children.* And ſo much for Wormwood.

Yarrow, called Noſe-bleed, Milfoil and Thouſand-leaf.

Deſcript.] IT hath many long leaves ſpread upon the ground, finely cut, and divided into many ſmall parts; its flowers are white, but not all of a whiteneſs, and ſtayed in knots, upon divers green ſtalks which riſe from among the leaves.

Place.] It is frequent in all paſtures.

Time.] It flowereth late, even at the end of Auguſt.

Government and Virtues.] It is under the influence of Venus. An ointment of them cures wounds, and is moſt fit for ſuch as have inflammations, it being an herb of Dame Venus; it ſtops the terms in women, being boiled in white wine, and the decoction drank; as alſo the bloody-flux; the ointment of it is not only good for green wounds, but alſo for ulcers and fiſtulas, eſpecially ſuch as abound with moiſture. It ſtays the ſhedding of hair, the head being bathed with the decoction of it; inwardly taken it helps the retentive faculty of the ſtomach; it helps the running of the reins in men, and the whites in women, and helps ſuch as cannot hold their water; and the leaves chewed in the mouth eaſeth the tooth-ach; and theſe virtues being put together, ſhew the herb to be drying and binding. Achilles is ſuppoſed to be the firſt that left the virtues of this herb to poſterity, having learned of his maſter Chiron, the Centaur; and certainly a very profitable herb it is in cramps, and therefore called Militaris.

DIRECTIONS.

HAVING in divers places of this Treatiſe promiſed you the way of making Syrups, Conſerves, Oils, Ointments, &c. of herbs, roots, flowers, &c. whereby you may have them ready for your uſe at ſuch times when they cannot be had otherwiſe; I come now to perform what I promiſed, and you ſhall find me rather better than worſe than my word.

That this may be done methodically, I ſhall divide my directions into two grand ſections, and each ſection into ſeveral chapters, and then you ſhall ſee it look with ſuch a countenance as this is.

SECT. I.

Of gathering, drying, and keeping Simples, and their Juices.

CHAP. 1. *Of leaves of Herbs, &c.*
Chap. 2. *Of Flowers.*
Chap. 3. *Of Seeds.*
Chap. 4. *Of Roots.*
Chap. 5. *Of Barks.*
Chap. 6. *Of Juices.*

SECT. II.

Of making and keeping Compounds.

CHAP. 1. *Of diſtilled Waters.*
Chap. 2. *Of Syrups.*
Chap. 3. *Of Ju'eps.*
Chap. 4. *Of Decoctions.*
Chap. 5. *Of Oils.*
Chap. 6. *Of Electuaries.*
Chap. 7. *Of Conſerves.*
Chap. 8. *Of Preſerves.*
Chap. 9. *Of Lohocks.*
Chap. 10. *Of Ointments.*
Chap. 11. *Of Plaiſters.*
Chap. 12. *Of Poultices.*
Chap. 13. *Of Troches.*
Chap. 14. *Of Pills.*
Chap. 15. *The way of fitting Medicines to compound Diſeaſes.*
Of all theſe in order.

CHAP. I.

Of Leaves of Herbs, or Trees.

1. OF leaves chooſe only ſuch as are green, and full of juice; pick them carefully, and caſt away ſuch as are any way declining, for they will putrify the reſt. So ſhall one handful be worth ten of thoſe you buy in Cheapſide.

2. Note

2. Note what places they moſt delight to grow in, and gather them there; for Betony that grows in the ſhade, is far better than that which grows in the Sun, becauſe it delights in the ſhade; ſo alſo ſuch herbs as delight to grow near the water, ſhould be gathered near it, though haply you may find ſome of them upon dry ground; the treatiſe will inform you where every herb delights to grow.

3. The leaves of ſuch herbs as run up to ſeed, are not ſo good when they are in flower as before, (ſome few excepted, the leaves of which are ſeldom or never uſed) in ſuch caſes, if through negligence forgotten, you had better take the top and the flowers, than the leaf.

4. Dry them well in the Sun, and not in the ſhade, as the ſaying of phyſicians is; for if the Sun draw away the virtues of the herb, it muſt needs do the like by hay, by the ſame rule, which the experience of every country farmer will explode for a notable piece of nonſenſe.

5. Such as are artiſts in aſtrology, (and indeed none elſe are fit to make phyſicians) ſuch I adviſe; let the planet that governs the herb be angular, and the ſtronger the better; if they can, in herbs of Saturn, let Saturn be in the aſcendant; in the herb of Mars, let Mars be in the mid-heaven, for in thoſe houſes they delight; let the Moon apply to them by good aſpect, and let her not be in the houſes of her enemies; if you cannot well ſtay till ſhe apply to them, let her apply to a planet of the ſame treplicity; if you cannot wait that time neither, let her be with a fixed ſtar of their nature.

6 Having well dried them, put them up in brown paper, ſewing the paper up like a ſack, and preſs them not too hard together, and keep them in a dry place near the fire.

7. As for the duration of dried herbs, a juſt time cannot be given, let authors prate their pleaſure; for,

1ſt, Such as grow upon dry grounds, will keep better than ſuch as grow on moiſt.

2dly, Such herbs as are full of juice, will not keep ſo long, as ſuch as are drier.

3dly, Such herbs as are well dried will keep longer than ſuch as are ſlack dried. Yet you may know when they are corrupted, by their loſs of colour, or ſmell, or both; and if they be corrupted, reaſon will tell you that they muſt needs corrupt the bodies of thoſe people that take them.

8. Gather all leaves in the hour of that planet that governs them.

CHAP. II. *Of Flowers.*

1. THE flower, which is the beauty of the plant, and of none of the leaſt uſe in phyſic, groweth yearly, and is to be gathered when it is in its prime.

2. As for the time of gathering them, let the planetary hour and the plant they come of, be obſerved, as we ſhewed you in the foregoing chapter; as for the time of day, let it be when the ſun ſhines upon them, ſo that they may be dry; for if you gather either flowers or herbs when they are wet or dewy, they will not keep.

3. Dry them well in the ſun, and keep them in papers near the fire, as I ſhewed you in the foregoing chapter.

4. So long as they retain the colour and ſmell, they are good; either being gone, ſo is their virtue alſo.

CHAP. III. *Of Seeds.*

1. THE ſeed is that part of the plant which is endowed with a vital faculty to bring forth its like, and it contains potentially the whole plant in it.

2. As for the place, let them be gathered from the place where they delight to grow.

3 Let them be full ripe when they are gathered; and forget not the celeſtial harmony before mentioned; for I have found by experience that their virtues are twice as great at ſuch times as others; "There is an appointed "time for every thing under the ſun."

4 When you have gathered them, dry them a little, and but a little, in the ſun, before you lay them up.

5. You need not be ſo careful of keeping them ſo near the fire, as the other beforementioned, becauſe they are fuller of ſpirit, and therefore not ſo ſubject to corrupt.

6. As for the time of their duration, it is palpable they will keep a good many years; yet, they are beſt the firſt year, and this I make appear by a good argument. They will grow ſooneſt the firſt year they be ſet, therefore then they are in their prime; and it is an eaſy matter to renew them yearly.

CHAP. IV. *Of Roots.*

1 OF roots, chooſe ſuch as are neither rotten or worm-eaten, but proper in their taſte, colour and ſmell, ſuch as exceed neither in ſoftneſs nor hardneſs.

2. Give

2. Give me leave to be a little critical againſt the vulgar received opinion, which is, that the ſap falls down into the roots in the Autumn, and riſes again in the Spring, as men go to bed at night, and riſe in the morning; and this idle talk of untruth is ſo grounded in the heads, not only of the vulgar, but alſo of the learned, that a man cannot drive it out by reaſon. I pray, let ſuch ſap-mongers anſwer me this argument: If the ſap falls into the roots in the fall of the leaf, and lies there all the Winter, then muſt the root grow only in the Winter. But the root grows not all in the Winter, as experience teacheth, but only in the Summer; therefore if you ſet an apple-kernel in the Spring, you ſhall find the root grow to a pretty bigneſs in the Summer, and be not a whit bigger next Spring. What doth the ſap do in the root all that while? Pick ſtraws? 'Tis as rotten as a rotten poſt.

The truth is, when the ſun declines from the tropic of Cancer, the ſap begins to congeal both in root and branch; when he touches the tropic of Capricorn, and aſcends to us-ward, it begins to wax thin again, and by degrees, as it congealed. But to proceed,

3. The drier time you gather the roots in, the better they are, for they have the leſs excrementitious moiſture in them.

4. Such roots as are ſoft, your beſt way is to dry in the ſun, or elſe hang them in the chimney corner upon a ſtring; as for ſuch as are hard, you may dry them anywhere.

5 Such roots as are great, will keep longer than ſuch as are ſmall; yet moſt of them will keep all the year.

6. Such roots as are ſoft, it is your beſt way to keep them always near the fire, and take this general rule for it. If in Winter-time you find any of your herbs, roots or flowers begin to be moiſt, as many times you ſhall, (for it is your beſt way to look to them once a month) dry them by a very gentle fire, or if you can with conveniency keep them near the fire, you may ſave yourſelf the labour.

7. It is in vain to dry roots that may commonly be had, as Parſley, Fennel, Plantain, &c. but gather them only for preſent need.

CHAP. V. *Of Barks.*

1. BARKS, which Phyſicians uſe in medicine, are of theſe ſorts: Of fruits, of roots, of boughs.

2. The barks of fruits are to be taken when the fruit is full ripe, as Oranges, Lemons, &c. but becauſe I have nothing to do with exotics here, I paſs them without any more words.

3. The barks of trees are beſt gathered in the Spring, if of oaks, or ſuch great trees; becauſe then they come eaſier off, and ſo you may dry them if you pleaſe; but indeed the beſt way is to gather all barks only for preſent uſe.

4. As for the bark of roots, 'tis thus to be gotten: Take the roots of ſuch herbs as have a pith in them, as parſley, fennel, &c. ſlit them in the middle, and when you have taken out the pith (which you may eaſily do) that which remains is called (tho' improperly) the bark, and indeed is only to be uſed.

CHAP. VI. *Of Juices.*

1. JUICES are to be preſſed out of herbs when they are young and tender, out of ſome ſtalks, and tender tops of herbs and plants, and alſo out of ſome flowers.

2. Having gathered the herb, you would preſerve the juice of it, when it is very dry (for otherwiſe the juice will not be worth a button) bruiſe it well in a ſtone mortar with a wooden peſtle, then having put it into a canvaſs bag, the herb I mean, not the mortar, for that will give but little juice, preſs it hard in a preſs, then take the juice and clarify it.

3. The manner of clarifying it is this: Put it into a pipkin or ſkillet, or ſome ſuch thing, and ſet it over the fire; and when the ſcum ariſeth, take it off; let it ſtand over the fire till no more ſcum ariſe; when you have your juice clarified, caſt away the ſcum as a thing of no uſe.

4. When you have thus clarified it, you have two ways to preſerve it all the year.

(1.) When it is cold, put it into a glaſs, and put ſo much oil on it as will cover it to the thickneſs of two fingers; the oil will ſwim at the top, and ſo keep the air from coming to putrify it: When you intend to uſe it, pour it into a porringer, and if any oil come out with it, you may eaſily ſcum it off with a ſpoon, and put the juice you uſe not, into the glaſs again, it will quickly ſink under the oil. This is the firſt way.

(2.) The ſecond way is a little more difficult, and the juice of fruits is uſually preſerved this way. When you have clarified it, boil it over the fire, till (being cold) it be of

of the thickneſs of honey: This is moſt commonly uſed for diſeaſes of the mouth, and is called Roba and Saba. And thus much for the firſt ſection, the ſecond follows.

SECT. II.

The Way of making and keeping all neceſſary Compounds.

CHAP. I. *Of Diſtilled Waters.*

HItherto we have ſpoke of medicines which conſiſt in their own nature, which authors vulgarly call Simples, though ſomething improperly; for in truth, nothing is ſimple but pure elements; all things elſe are compounded of them. We come now to treat of artificial medicines, in the form of which (becauſe we muſt begin ſomewhere) we ſhall place diſtilled waters; in which conſider,

1. Waters are diſtilled of herbs, flowers, fruits, and roots.

2. We treat not of ſtrong waters, but of cold, as being to act Galen's part, and not Paracelſus's.

3. The herbs ought to be diſtilled when they are in the greateſt vigour, and ſo ought the flowers alſo.

4. The vulgar way of diſtinctions which people uſe, becauſe they know no better, is in a pewter ſtill; and altho' diſtilled waters are the weakeſt of artificial medicines, and good for little, but mixtures of other medicines, yet they are weaker by many degrees, than they would be were they diſtilled in ſand. If I thought it not impoſſible to teach you the way of diſtilling in ſand, I would attempt it.

5. When you have diſtilled your water, put it into a glaſs, covered over with a paper pricked full of holes, ſo that the excrementitious and fiery vapours may exhale, which cauſe that ſettling in diſtilled waters called the Mother, which corrupt them, then cover it cloſe, and keep it for your uſe.

6. Stopping diſtilled waters with a cork, makes them muſty, and ſo does paper, if it but touch the water; it is beſt to ſtop them with a bladder, being firſt put in water, and bound over the top of the glaſs.

Such cold waters as are diſtilled in a pewter ſtill (if well kept) will endure a year; ſuch as are diſtilled in ſand, as they are twice as ſtrong, ſo they endure twice as long.

CHAP. II. *Of Syrups.*

1. A Syrup is a medicine of a liquid form, compoſed of infuſion, decoction and juice. And, 1. For

the more grateful taſte. 2. For the better keeping of it; with a certain quantity of honey or ſugar, hereafter-mentioned, boiled to the thickneſs of new honey.

2. You ſee at the firſt view, That this aphoriſm divides itſelf into three branches, which deſerve ſeverally to be treated of, viz.

1. Syrups made by infuſion.
2. Syrups made by decoction.
3. Syrups made by juice.

Of each of theſe, (for your inſtruction-ſake, kind countrymen and women) I ſpeak a word, or two apart.

1ſt, Syrups made by infuſion, are uſually made of flowers, and of ſuch flowers as ſoon loſe their colour and ſtrength by boiling, as roſes, violets, peach-flowers, &c. My tranſlation of the London Diſpenſatory will inſtruct you in the reſt. They are thus made: Having picked your flowers clean, to every pound of them add three pounds, or three pints, which you will (for it is all one) of ſpring water, made boiling hot; firſt put your flowers into a pewter-pot, with a cover, and pour the water on them; then ſhutting the pot, let it ſtand by the fire, to keep hot twelve hours, and ſtrain it out; (in ſuch ſyrups as purge, as damaſk roſes, peach-flowers, &c. the uſual, and indeed the beſt way, is to repeat this infuſion, adding freſh flowers to the ſame liquor divers times, that ſo it may be the ſtronger) having ſtrained it out, put the infuſion into a pewter baſon, or an earthen one well glazed, and to every pint of it add two pounds of ſugar, which being only melted over the fire, without boiling, and ſcummed, will produce you the ſyrup you deſire.

2dly, Syrups made by decoction are uſually made of compounds, yet may any ſimple herb be thus converted into ſyrup: Take the herb, root or flowers, you would make into a ſyrup, and bruiſe a little; then boil it in a convenient quantity of ſpring water; the more water you boil it in, the weaker it will be; a handful of the herb or root is a convenient quantity for a pint of water; boil it till half the water be conſumed, then let it ſtand till it be almoſt cold, and ſtrain it thro' a woollen cloth, letting it run out at leiſure, without preſſing: To every pint of this decoction add one pound of ſugar, and boil it over the fire till it come to a ſyrup, which you may know, if you now and then cool a little of it with a ſpoon: Scum it all the while it boils,

and

and when it is ſufficiently boiled, whilſt it is hot, ſtrain it again through a woollen cloth, but preſs it not. Thus you have the ſyrup perfected.

3dly, Syrups made of juice, are uſually made of ſuch herbs as are full of juice, and indeed they are better made into a ſyrup this way than any other; the operation is thus: Having beaten the herb in a ſtone mortar, with a wooden peſtle, preſs out the juice, and clarify it, as you are taught before in the juices; then let the juice boil away till about a quarter of it be conſumed: to a pint of this add a pound of ſugar, and boil it to a ſyrup, always ſcumming it, and when it is boiled enough, ſtrain it through a woollen cloth, as we taught you before, and keep it for your uſe.

3. If you make a ſyrup of roots that are any thing hard, as Parſley, Fennel, and Graſs-roots, &c. when you have bruiſed them, lay them in ſteep ſome time in that water which you intend to boil them in, hot, ſo will the virtue the better come out.

4. Keep your ſyrups either in glaſſes or ſtone pots, and ſtop them not with cork or bladder, unleſs you would have the glaſs break, and the ſyrup loſt, only bind paper about the mouth.

5. All ſyrups, if well made, continue a year with ſome advantage; yet ſuch as are made by infuſion, keep ſhorteſt.

CHAP. III. *Of Juleps.*

JULEPS were firſt invented, as I ſuppoſe, in Arabia; and my reaſon is, becauſe the word Julep is an Arabic word.

2. It ſignifies only a pleaſant potion, as is vulgarly uſed by ſuch as are ſick, and want help, or ſuch as are in health, and want no money to quench thirſt.

3. Now-a-day it is commonly uſed,

1. To prepare the body for purgation.
2. To open obſtructions and the pores.
3. To digeſt tough humours.
4. To qualify hot diſtempers, &c.

4. Simple Juleps, (for I have nothing to ſay to compounds here) are thus made: Take a pint of ſuch diſtilled water, as conduces to the cure of your diſtemper, which this treatiſe will plentifully furniſh you with, to which add two ounces of ſyrup, conducing to the ſame effect; (I ſhall give you rules for it in the next chapter)

mix them together, and drink a draught of it at your pleaſure. If you love tart things, add ten drops of oil of vitriol to your pint, and ſhake it together, and it will have a fine grateful taſte.

5. All juleps are made for preſent uſe, and therefore it is in vain to ſpeak of their duration.

CHAP. IV. *Of Decoctions.*

1. ALL the difference between decoctions, and ſyrup made by decoction, is this: Syrups are made to keep, decoction only for preſent uſe; for you can hardly keep a decoction a week at any time; if the weather be hot, not half ſo long.

2. Decoctions are made of leaves, roots, flowers, ſeeds, fruits or barks, conducing to the cure of the diſeaſe you make them for; are made in the ſame manner as we ſhewed you in ſyrups.

3. Decoctions made with wine laſt longer than ſuch as are made with water; and if you take your decoction to cleanſe the paſſage of the urine, or open obſtructions, your beſt way is to make it with white wine inſtead of water, becauſe this is penetrating.

4. Decoctions are of moſt uſe in ſuch diſeaſes as lie in the paſſages of the body, as the ſtomach, bowels, kidnies, paſſages of urine and bladder, becauſe decoctions paſs quicker to thoſe places than any other form of medicines.

5. If you will ſweeten your decoction with ſugar, or any ſyrup fit for the occaſion you take it for, which is better, you may, and no harm.

6. If in a decoction, you boil both roots, herbs, flowers, and ſeed together, let the roots boil a good while firſt, becauſe they retain their virtue longeſt; then the next in order by the ſame rule, *viz.* 1. The Barks. 2. The herbs. 3. The ſeeds. 4. The flowers. 5. The ſpices, if you put any in, becauſe their virtues come ſooneſt out.

7. Such things as by boiling cauſe ſlimineſs to a decoction, as figs, quince-ſeed, linſeed, &c. your beſt way is, after you have bruiſed them, to tie them up in a linen-rag, as you tie up calf's brains, and ſo boil them.

8. Keep all decoctions in a glaſs cloſe ſtopped, and in the cooler place you keep them, the longer they will laſt ere they be ſour.

Laſtly, The uſual doſe to be given at one time, is uſually 2, 3, 4, or 5 ounces, according to the age and ſtrength

ſtrength of the patient, the ſeaſon of the year, the ſtrength of the medicine, and the quality of the diſeaſe.

CHAP. V. *Of Oils.*

OIL Olive, which is commonly known by the name of Sallad Oil, I ſuppoſe, becauſe it is uſually eaten with ſallads by them that love it; if it be preſſed out of ripe olives, according to Galen, is temperate, and exceeds in no one quality.

2. Of oils, ſome are ſimple, and ſome are compound.

3. Simple oils are ſuch as are made of fruits or ſeeds by expreſſion, as oil of ſweet and bitter almonds, linſeed and rape ſeed oil, &c. of which ſee in my Diſpenſatory.

4. Compound oils, are made of oil of olives, and other ſimples, imagine herbs, flowers, roots, &c.

5. The way of making them is this: Having bruiſed the herbs or flowers you would make your oil of, put them into an earthen pot, and to two or three handfuls of them pour a pint of oil, cover the pot with a paper, ſet it in the ſun about a fortnight or ſo, according as the ſun is in hotneſs; then having warmed it very well by the fire, preſs out the herb, &c. very hard in a preſs, and add as many more herbs to the ſame oil; bruiſe the herbs (I mean not the oil) in like manner, ſet them in the ſun as before; the oftener you repeat this, the ſtronger your oil will be: at laſt when you conceive it ſtrong enough, boil both oil and herbs together, till the juice be conſumed, which you may know by its leaving its bubbling, and the herbs will be criſp; then ſtrain it while it is hot, and keep it in a ſtone or glaſs veſſel for your uſe.

6. As for chymical oils, I have nothing to ſay here.

7. The general uſe of theſe oils is for pains in the limbs, roughneſs of the ſkin, the itch, &c. as alſo for ointments and plaiſters.

8. If you have occaſion to uſe it for wounds or ulcers, in two ounces of oil, diſſolve half an ounce of turpentine, the heat of the fire will quickly do it; for oil itſelf is offenſive to wounds, and the turpentine qualifies it.

CHAP. VI. *Of Electuaries.*

PHYSICIANS make more a quoil than needs by half, about electuaries. I ſhall preſcribe but one general way of making them up; as for ingredients, you may vary them as you pleaſe, and as you find occaſion, by the laſt chapter.

1. That you may make electuaries when you need them, it is requiſite that you keep always herbs, roots, flowers, ſeeds, &c. ready dried in your houſe, that ſo you may be in a readineſs to beat them into a powder when you need them.

2. It is better to keep them whole than beaten; for being beaten, they are more ſubject to loſe their ſtrength; becauſe the air ſoon penetrates them.

3. If they be not dry enough to beat into powder when you need them, dry them by a gentle fire till they are ſo.

4. Having beaten them, ſift them through a fine tiffany ſearce, that no great pieces may be found in your electuary.

5. To one ounce of your powder add three ounces of clarified honey; this quantity I hold to be ſufficient. If you would make more or leſs electuary, vary your proportion accordingly.

6. Mix them well together in a mortar, and take this for a truth, you cannot mix them too much.

7. The way to clarify honey, is to ſet it over the fire in a convenient veſſel, till the ſcum riſe, and when the ſcum is taken off, it is clarified.

8. The uſual doſe of cordial electuaries, is from half a dram to two drams; of purging electuaries, from half an ounce to an ounce.

9. The manner of keeping them is in a pot.

10. The time of taking them, is either in a morning faſting, and faſting an hour after them; or at night going to bed, three or four hours after ſupper.

CHAP. VII. *Of Conſerves.*

THE way of making conſerves is twofold, one of herbs and flowers, and the other of fruits.

2. Conſerves of herbs and flowers, are thus made; if you make your conſerve of herbs, as of ſcurvy-graſs, wormwood, rue, and the like, take only the leaves and tender tops (for you may beat your heart out, before you can beat the ſtalks ſmall) and having beaten them, weigh them, and to every pound of them add 3 pounds of ſugar, you cannot beat them too much.

3. Conſerves of fruits, as of barberries, ſloes and the like, are thus made: Firſt, Scald the fruit, then rub the pulp through a thick hair ſieve made for that purpoſe, called a pulping-ſieve; you may do it for a need with the back of a ſpoon; then take this pulp thus drawn,

and

and add to it its weight of ſugar, and no more; put it into a pewter veſſel, and over a charcoal fire; ſtir it up and down till the ſugar be melted, and your conſerve is made.

4. Thus you have the way of making conſerves; the way of keeping them is in earthen pots.

5. The doſe is uſually the quantity of a nutmeg at a time, morning and evening, or (unleſs they are purging,) when you pleaſe.

6. Of conſerves, ſome keep many years, as conſerves of roſes; others but a year, as conſerves of borage, bugloſs, cowſlips, and the like.

7. Have a care of the working of ſome conſerves preſently after they are made; look to them once a day, and ſtir them about: Conſerves of borage, bugloſs, wormwood, have got an excellent faculty at that ſport.

8. You may know when your conſerves are almoſt ſpoiled by this; you ſhall find a hard cruſt at top with little holes in it, as though worms had been eating there.

CHAP. VIII. *Of Preſerves.*

OF Preſerves are ſundry ſorts, and the operations of all being ſomewhat different, we ſhall handle them all apart. Theſe are preſerved with ſugar:

1. Flowers.
2. Fruits.
3. Roots.
4. Barks.

1. Flowers are very ſeldom preſerved; I never ſaw any that I remember, ſave only cowſlip flowers, and that was a great faſhion in Suſſex when I was a boy. It is thus done: Take a flat glaſs, we call them jat-glaſſes; ſtrew in a laying of fine ſugar, on that a laying of flowers, on that another laying of ſugar, on that another laying of flowers, ſo do till your glaſs be full; then tie it over with a paper, and in a little time you ſhall have very excellent and pleaſant conſerves.

There is another way of preſerving flowers: namely, with vinegar and ſalt, as they pickle capers and broom buds; but as I have little ſkill in it myſelf, I cannot teach you.

2. Fruits, as quinces, and the like, are preſerved two ways:

(1.) Boil them well in water, and then pulp them through a ſieve, as we ſhewed you before; then with the like quantity of ſugar, boil the water they were boiled in into a ſyrup, *viz.* a pound of ſugar to a pint

of

of liquor; to every pound of this ſyrup, add four ounces of the pulp; then boil it with a very gentle fire to their right conſiſtence, which you may eaſily know, if you drop a drop of it upon a trencher; if it be enough, it will not ſtick to your fingers when it is cold.

(2.) Another way to preſerve fruits is this: Firſt, Pare off the rind; then cut them in halves, and take out the core; then boil them in water till they are ſoft; if you know when beef is boiled enough, you may eaſily know when they are, then boil the water with its like weight of ſugar into a ſyrup; put the ſyrup into a pot, and put the boiled fruit as whole as you left it when you cut it into it, and let it remain till you have occaſion to uſe it.

3. Roots are thus preſerved: Firſt, ſcrape them very clean, and cleanſe them from the pith, if they have any, for ſome roots have not, as Eringo and the like; boil them in water till they be ſoft, as we ſhewed you before in the fruits; then boil the water you boiled the root in into a ſyrup, as we ſhewed you before; then keep the root whole in the ſyrup till you uſe them.

4. As for barks, we have but few come to our hands to be done, and of thoſe the few that I can remember, are oranges, lemons, citrons, and the outer barks of walnuts, which grow without-ſide the ſhell, for the ſhells themſelves would make but ſcurvy preſerves; theſe be they I can remember, if there be any more, put them into the number.

The way of preſerving theſe, is not all one in authors, for ſome are bitter, ſome are hot; ſuch as are bitter, ſay authors, muſt be ſoaked in warm water, oftentimes changing till their bitter taſte be fled: but I like not this way, and my reaſon is this, becauſe I doubt when their bitterneſs is gone, ſo is their virtue alſo; I ſhall then preſcribe one common way, namely, the ſame with the former, *viz.* Firſt boil them whole till they be ſoft, then make a ſyrup with ſugar and the liquor you boiled them in, and keep the barks in the ſyrup.

5. They are kept in glaſſes, or in glazed pots.

6. The preſerved flowers will keep a year, if you can forbear eating of them; the roots and barks much longer.

7. This art was plainly and firſt invented for delicacy, yet came afterwards to be of excellent uſe in phyſic: for,

(1.) Hereby medicines are made pleaſant for ſick and ſqueamiſh ſtomachs, which elſe would loath them.

(2.) Hereby they are preſerved from decaying a long time.

CHAP.

CHAP. IX. *Of Lohocks.*

1. THAT which the Arabians call Lohocks, and the Greeks Eclegma, the Latins call Linctus, and in plain Engliſh ſignifies nothing elſe but a thing to be licked up.

2. Their firſt invention was to prevent and remedy afflictions of the breaſt and lungs, to cleanſe the lungs of phlegm, and make it fit to be caſt out.

3. They are in body thicker than a ſyrup, and not ſo thick as an electuary.

4. The manner of taking them is, often to take a little with liquorice ſtick, and let it go down at leiſure.

5. They are eaſily thus made: Make a decoction of pectoral herbs, and the treatiſe will furniſh you with enough, and when you have ſtrained it, with twice its weight of honey or ſugar, boil it to a lohock; if you are moleſted with much phlegm, honey is better than ſugar; and if you add a little vinegar to it, you will do well; if not, I hold ſugar to be better than honey.

6. It is kept in pots, and may be kept a year and longer.

7. It is excellent for roughneſs of the wind-pipe, inflammations and ulcers of the lungs, difficulty of breathing, aſthmas, coughs, and diſtillations of humours.

CHAP. X. *Of Ointments.*

1. VARIOUS are the ways of making ointments, which authors have left to poſterity, which I ſhall omit, and quote one which is eaſieſt to be made, and therefore moſt beneficial to people that are ignorant in phyſic, for whoſe ſake I write this. It is thus done:

Bruiſe thoſe herbs, flowers, or roots, you will make an ointment of, and to two handfuls of your bruiſed herbs add a pound of hog's greaſe dried, or cleanſed from the ſkins, beat them very well together in a ſtone mortar with a wooden peſtle, then put it into a ſtone pot, (the herb and greaſe I mean, not the mortar) cover it with a paper, and ſet it either in the ſun, or ſome other warm place, three, four, or five days, that it may melt; then take it out and boil it a little, then whilſt it is hot ſtrain it out, preſſing it out very hard in a preſs; to this greaſe add as many more herbs bruiſed as before, let them ſtand in like manner as long, then boil them as you did the former. If you think your ointment not ſtrong enough, you may do it the third and fourth time; yet this I will tell you, the fuller of juice the herbs are,

the

the ſooner will your ointment be ſtrong: the laſt time you boil it, boil it ſo long till your herbs be criſp, and the juice conſumed, then ſtrain it, preſſing it hard in a preſs, and to every pound of ointment add two ounces of turpentine, and as much wax, becauſe greaſe is offenſive to wounds, as well as oil.

2. Ointments are vulgarly known to be kept in pots, and will laſt above a year, ſome above two years.

CHAP. XI. *Of Plaiſters.*

1. THE Greeks made their plaiſters of divers ſimples, and put metals into moſt of them, if not all; for, having reduced their metals into powder, they mixed them with that fatty ſubſtance whereof the reſt of the plaiſter conſiſted, whilſt it was yet hot, continually ſtirring it up and down, leſt it ſhould ſink to the bottom; ſo they continually ſtirred it till it was ſtiff; then they made it up in rolls, which when they needed for uſe, they could melt by fire again.

2 The Arabians made up theirs with oil and fat, which needeth not ſo long boiling.

3. The Greeks emplaiſters conſiſted of theſe ingredients, metals, ſtones, divers ſorts of earth, fæces, juices, liquors, ſeeds, roots, herbs, excrements of creatures, wax, roſin, gums.

CHAP. XII. *Of Poultices.*

POULTICES are thoſe kind of things which the Latins call *Cataplaſmata*, and our learned fellows, that if they can read Engliſh, that's all, call them Cataplaſms, becauſe 'tis a crabbed word few underſtand; it is indeed a very fine kind of medicine to ripen ſores.

2. They are made of herbs and roots, fitted for the diſeaſe and members afflicted, being chopped ſmall, and boiled in water almoſt to a jelly; then adding a little barley-meal, or meal of lupins, and a little oil, or rough ſweet ſuet, which I hold to be better, ſpread upon a cloth and apply to the grieved place.

3. Their uſe is to eaſe pain, to break ſores, to cool inflammations, to diſſolve hardneſs, to eaſe the ſpleen, to concoct humours, and diſſipate ſwellings.

4. I beſeech you take this caution along with you: Uſe no poultices (if you can help it) that are of an healing nature, before you have firſt cleanſed the body, becauſe they are ſubject to draw the humours to them from every part of the body.

CHAP.

CHAP. XIII. *Of Troches.*

1. THE Latins call them *Placentula*, or little cakes, and the Greeks *Prochikois*, *Kukliſcoi*, and *Artiſcoi*; they are uſually little round flat cakes, or you may make them ſquare if you will.

2. Their firſt invention was, that powders being ſo kept, might reſiſt the intermiſſion of air, and ſo endure pure the longer.

3. Beſides, they are eaſier carried in the pockets of ſuch as travel; as many a man (for example) is forced to travel whoſe ſtomach is too cool, or at leaſt not ſo hot as it ſhould be, which is moſt proper, for the ſtomach is never cold till a man be dead; in ſuch a caſe, it is better to carry troches of wormwood, or galangal, in a paper in his pocket, than to lay a gallipot along with him.

4. They are made thus: At night when you go to bed, take two drams of fine gum tragacanth; put it into a gallipot, and put half a quarter of a pint of any diſtilled water fitting for the purpoſe you would make your troches for, to cover it, and the next morning you ſhall find it in ſuch a jelly as the phyſicians call mucilage: With this you may (with a little pains taking) make a powder into a paſte, and that paſte into a cake called troches.

5. Having made them, dry them in the ſhade, and keep them in a pot for your uſe.

CHAP. XIV. *Of Pills.*

1. THEY are called *Pilulæ*, becauſe they reſemble little balls; the Greeks call them *Catapotia*.

2. It is the opinion of modern phyſicians, that this way of making medicines, was invented only to deceive the palate, that ſo, by ſwallowing them down whole, the bitterneſs of the medicine might not be perceived, or at leaſt it might not be inſufferable; and indeed moſt of their pills, though not all, are very bitter.

3. I am of a clean contrary opinion to this. I rather think they were done up in this hard form, that ſo they might be the longer digeſting; and my opinion is grounded upon reaſon too, not upon fancy, or hearſay. The firſt invention of pills was to purge the head; now, as I told you before, ſuch infirmities as lie near the paſſages, were beſt removed by decoctions, becauſe they paſs to the grieved part ſooneſt; ſo here, if the infirmity lies

lies in the head, or any other remote part, the beſt way is to uſe pills, becauſe they are longer in digeſtion, and therefore better able to call the offending humour to them.

4. If I ſhould tell you here a long tale of medicines working by ſympathy and antipathy, you would not underſtand a word of it: They that are ſet to make phyſicians, may find it in the treatiſe. All modern phyſicians know not what belongs to flats and ſharps in muſick, but follow the vulgar road, and call it a hidden quality, becauſe it is hidden from the eyes of dunces, and indeed none but aſtrologers can give a reaſon for it; and phyſick without reaſon, is like a pudding without fat.

5. The way to make pills is very eaſy, for with the help of a peſtle and mortar, and a little diligence, you may make any powder into pills, either with ſyrup, or the jelly I told you before.

CHAP. XV. *The Way of mixing Medicines, according to the Cauſe of the Diſeaſe, and Part of the Body afflicted.*

THIS being indeed the key of the work, I ſhall be ſomewhat the more diligent in it. I ſhall deliver myſelf thus:

1. To the vulgar.

2. To ſuch as ſtudy Aſtrology; or ſuch as ſtudy phyſick aſtrologically.

1ſt, To the Vulgar. Kind ſouls, I am ſorry it hath been your hard miſhap to have been ſo long trained in ſuch Egyptian darkneſs, even darkneſs which to your ſorrow may be felt: The vulgar road of phyſick is not my practice, and I am therefore the more unfit to give you advice. I have now publiſhed a little book, *(Galen's Art of Phyſick)* which will fully inſtruct you, not only in the knowledge of your own bodies, but alſo in fit medicines to remedy each part of it when afflicted; in the mean ſeaſon take theſe few rules to ſtay your ſtomachs.

1. With the diſeaſe, regard the cauſe, and the part of the body afflicted; for example, ſuppoſe a woman be ſubject to miſcarry, through wind; thus do:

(1.) Look Abortion in the table of diſeaſes, and you ſhall be directed by that, how many herbs prevent miſcarriage.

(2.) Look wind in the ſame table, and you ſhall ſee how many of theſe herbs expel wind.

Theſe are the herbs medicinal for your grief.

2. In

2. In all diſeaſes ſtrengthen the part of the body afflicted.

3. In mixed diſeaſes there lies ſome difficulty, for ſometimes two parts of the body are afflicted with contrary humours, as ſometimes the liver is afflicted with choler and water, as when a man hath had the dropſy and the yellow jaundice; and this is uſually mortal.

In the former, ſuppoſe the brain to be too cold and moiſt, and the liver to be hot and dry; thus do:

1. Keep your head outwardly warm.

2. Accuſtom yourſelf to the ſmell of hot herbs.

3. Take a pill that heats the head at night going to bed.

4. In the morning take a decoction that cools the liver, for that quickly paſſeth the ſtomach, and is at the liver immediately.

You muſt not think, courteous people, that I can ſpend time to give you examples of all diſeaſes: Theſe are enough to let you ſee ſo much light as you without art are able to receive: If I ſhould ſet you to look at the ſun, I ſhould dazzle your eyes, and make you blind.

2dly, To ſuch as ſtudy Aſtrology, (who are the only men I know that are fit to ſtudy phyſick, phyſick, without aſtrology being like a lamp without oil) you are the men I exceedingly reſpect, and ſuch documents as my brain can give you at preſent (being abſent from my ſtudy) I ſhall give you.

1. Fortify the body with herbs of the nature of the Lord of the Aſcendant, 'tis no matter whether he be a Fortune or Infortune in this caſe.

2. Let your medicine be ſomething antipathetical to the Lord of the Sixth.

3. Let your medicine be ſomething of the nature of his ſign aſcending.

4. If the Lord of the Tenth be ſtrong, make uſe of his medicines.

5. If this cannot well be, make uſe of the medicines of the Light of Time.

6. Be ſure always to fortify the grieved part of the body by ſympathetical remedies.

7. Regard the Heart, keep that upon the wheels, becauſe the Sun is the foundation of life, and therefore thoſe univerſal remedies, *Aurum Potabile*, and the Philoſopher's Stone, cure all diſeaſes by fortifying the heart.

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